



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Noa, Heike

□□: Rennsteiglaufverein

□□: 99

□□: 100.20 km

100 Kilometer

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 14:21:37

□□: 6.96 km/h

□□□□: 8:36 min/km

□□□□□/□□□: 134 (of 216)

□□□□□/□: 21 (of 35)

□□□□□□: 9:56:00

□□□□□: 7(of 9)

□□□□□□□: 11:37:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:45:25	8:20	6	49:46	21	1:11:39	27.00	3:45:25	8:20	6	49:46	21	1:11:39
Floh-Seligenthal	27.00	3:40:51	8:10	7	44:31	22	1:04:58	54.00	7:26:16	8:15	7	1:34:17	23	2:16:37
Finsterbergen	22.00	3:20:16	9:06	6	29:33	18	58:58	76.00	10:46:32	8:30	7	2:03:50	22	3:15:35
Prefinish	23.70	3:33:30	9:00	7	40:04	24	1:09:38	99.70	14:20:02	8:37	7	2:43:54	21	4:25:13
Fröttstädt	0.50	1:35	3:09	7	0:22	20	0:25	100.20	14:21:37	8:35	7	2:44:13	21	4:25:37