



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Schmutz, Cornelia

□□: LT Hemsbach
 □□: 1026

□□: 160.00 km
 100 Meilen

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 25:22:26

□□: 6.31 km/h
 □□□□: 9:31 min/km

□□□□□/□□□□: 52 (of 108)

□□□□□/□: 4 (of 10)

□□□□□□: 21:35:30

□□□□□: 3(of 3)

□□□□□□□: 22:06:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:33:29	7:50	3	1:02:19	7	1:02:19	42.50	5:33:29	7:50	4	1:02:19	10	1:02:19
Sontra	27.50	5:39:47	12:21	3	1:15:09	7	1:19:31	70.00	11:13:16	9:37	4	2:03:44	9	2:12:34
Glasbachwiese	17.00	3:14:06	11:25	3	28:50	5	31:03	87.00	14:27:22	9:58	4	2:32:34	10	2:43:37
Gensberg/Brotte	13.00	2:39:50	12:17	3	30:42	4	30:42	100.00	17:07:12	10:16	4	3:03:16	9	3:12:31
Floh-Seligenthal	14.00	1:33:28	6:40	2	9:12	4	13:53	114.00	18:40:40	9:49	4	3:12:28	9	3:26:24
Finsterbergen	22.00	3:25:43	9:21	3	12:55	4	13:53	136.00	22:06:23	9:45	4	3:25:23	8	3:40:17
Prefinish	23.50	3:14:33	8:16	1	-	2	6:42	159.50	25:20:56	9:32	4	3:15:53	8	3:46:59
Fröttstädt	0.50	1:30	3:00	2	0:05	2	0:05	160.00	25:22:26	9:30	3	3:15:58	4	3:46:56