



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Schwarz, Stefanie

□□: Lich

□□: 136

□□: 100.20 km

100 Kilometer

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 14:54:15

□□: 6.71 km/h

□□□□: 8:55 min/km

□□□□□/□□□: 154 (of 216)

□□□□□/□: 23 (of 35)

□□□□□□: 9:56:00

□□□□□: 3(of 3)

□□□□□□□: 9:56:00

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese    | 27.00    | 3:50:17  | 8:31         | 3       | 1:16:31 | 26      | 1:16:31 | 27.00  | 3:50:17  | 8:31 | 3       | 1:16:31 | 26      | 1:16:31 |
| Floh-Seligenthal | 27.00    | 4:14:36  | 9:25         | 3       | 1:38:43 | 33      | 1:38:43 | 54.00  | 8:04:53  | 8:58 | 3       | 2:55:14 | 30      | 2:55:14 |
| Finsterbergen    | 22.00    | 3:35:05  | 9:46         | 3       | 1:13:47 | 24      | 1:13:47 | 76.00  | 11:39:58 | 9:12 | 3       | 4:09:01 | 27      | 4:09:01 |
| Prefinish        | 23.70    | 3:12:41  | 8:07         | 3       | 48:49   | 16      | 48:49   | 99.70  | 14:52:39 | 8:57 | 3       | 4:57:50 | 23      | 4:57:50 |
| Fröttstädt       | 0.50     | 1:36     | 3:12         | 3       | 0:25    | 23      | 0:26    | 100.20 | 14:54:15 | 8:55 | 3       | 4:58:15 | 23      | 4:58:15 |