



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Michel, Susanne

00: Soulrunner
00: 215

00: 100.20 km
100 Kilometer

0000:
Seniorinnen W40 (40-44 Jahre)

000: 15:54:30

00: 6.29 km/h
0000: 9:32 min/km

00000/000: 181 (of 216)

00000/0: 30 (of 35)

000000: 9:56:00

00000: 4(of 7)

0000000: 12:42:25

0000

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000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 4:03:29 | 9:01 | 5 | 35:50 | 30 | 1:29:43 | 27.00 | 4:03:29 | 9:01 | 5 | 35:50 | 30 | 1:29:43 |
| Floh-Seligenthal | 27.00 | 4:09:43 | 9:14 | 4 | 40:20 | 31 | 1:33:50 | 54.00 | 8:13:12 | 9:07 | 5 | 1:05:10 | 32 | 3:03:33 |
| Finsterbergen | 22.00 | 3:47:35 | 10:20 | 4 | 48:15 | 27 | 1:26:17 | 76.00 | 12:00:47 | 9:29 | 4 | 1:43:42 | 31 | 4:29:50 |
| Prefinish | 23.70 | 3:51:38 | 9:46 | 4 | 1:27:28 | 27 | 1:27:46 | 99.70 | 15:52:25 | 9:33 | 4 | 3:11:10 | 30 | 5:57:36 |
| Fröttstädt | 0.50 | 2:05 | 4:10 | 5 | 0:55 | 30 | 0:55 | 100.20 | 15:54:30 | 9:31 | 4 | 3:12:05 | 30 | 5:58:30 |