



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Rohwedder, Cornelia

□□: LG Mauerweg Berlin e.V.

□□: 1003

□□: 160.00 km

100 Meilen

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 26:06:48

□□: 6.13 km/h

□□□□: 9:47 min/km

□□□□□/□□□□: 57 (of 108)

□□□□□/□: 5 (of 10)

□□□□□□: 21:35:30

□□□□□: 1(of 1)

□□□□□□□: 26:06:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:18:25	7:29	1	-	5	47:15	42.50	5:18:25	7:29	1	-	10	47:15	
Sontra	27.50	5:02:25	10:59	1	-	4	42:09	70.00	10:20:50	8:52	1	-	9	1:20:08	
Glasbachwiese	17.00	3:12:02	11:17	1	-	4	28:59	87.00	13:32:52	9:20	1	-	10	1:49:07	
Gensberg/Brotte	13.00	2:47:54	12:54	1	-	5	38:46	100.00	16:20:46	9:48	1	-	9	2:26:05	
Floh-Seligenthal	14.00	1:47:55	7:42	1	-	6	28:20	114.00	18:08:41	9:32	1	-	9	2:54:25	
Finsterbergen	22.00	4:09:14	11:19	1	-	7	57:24	136.00	22:17:55	9:50	1	-	8	3:51:49	
Prefinish	23.50	3:46:50	9:39	1	-	5	38:59	159.50	26:04:45	9:48	1	-	8	4:30:48	
Fröttstädt	0.50	2:03	4:05	1	-	6	0:38	160.00	26:06:48	9:47	1	-	5	4:31:18	