



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

0000

Welt, Heidi

00: Bergenweiler

00: 82

00: 100.20 km

100 Kilometer

0000:

Seniorinnen W45 (45-49 Jahre)

000: 16:35:07

00: 6.03 km/h

0000: 9:56 min/km

00000/000: 191 (of 216)

00000/0: 32 (of 35)

000000: 9:56:00

00000: 7(of 7)

0000000: 10:34:01

0000

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:56:53	8:46	6	1:18:13	28	1:23:07	27.00	3:56:53	8:46	6	1:18:13	28	1:23:07
Floh-Seligenthal	27.00	3:56:13	8:44	7	1:01:18	28	1:20:20	54.00	7:53:06	8:45	6	2:19:31	26	2:43:27
Finsterbergen	22.00	4:05:19	11:09	7	1:34:22	31	1:44:01	76.00	11:58:25	9:27	7	3:53:53	29	4:27:28
Prefinish	23.70	4:34:03	11:33	7	2:05:50	31	2:10:11	99.70	16:32:28	9:57	7	5:59:43	32	6:37:39
Fröttstädt	0.50	2:39	5:17	7	1:23	31	1:29	100.20	16:35:07	9:55	7	6:01:06	32	6:39:07