

Lipps, Katja

□□: Non Stop Ultra

□□: 262

□□: 9.60 km 9,6 km - Lauf

Seniorinnen W45 (45-49 Jahre)

□□□: 1:03:22

□□: 8.52 km/h

□□□□: 6:36 min/km

_____: 142 (of 169)

____/_: 55 (of 68)

____: 40:**17**

|||||: 10(of 12)

____: 45:59

	km		min/km	-	-			km		min/km	-	-		
Ilsestein	4.10	32:19	7:52	9	9:36	53	11:41	4.10	32:19	7:52	9	9:36	53	11:41
Loddenke	2.20	13:13	6:00	10	4:05	55	5:22	6.30	45:32	7:13	9	13:41	55	17:03
llsenburg/Markt	3.30	17:50	5:24	9	3:42	45	6:02	9.60	1:03:22	6:36	10	17:23	55	23:05