



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Claudia Herms

00: raketengang

00: 109

00: 100.00 km

100 Kilometer

0000:

Seniorinnen W45 (45-49)

000: 12:18:41

00: 8.12 km/h

0000: 7:23 min/km

00000/000: 35 (of 153)

00000/0: 5 (of 35)

000000: 10:52:44

00000: 2(of 6)

0000000: 11:51:31

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Glasbachwiese	27.00	3:09:07	7:00	2	11:13	6	18:02	27.00	3:09:07	7:00	2	11:13	6	18:02
Floh-Seligenthal	27.00	3:06:20	6:54	1	-	3	10:35	54.00	6:15:27	6:57	2	3:50	4	28:37
Finsterbergen	22.00	2:57:21	8:03	2	9:09	6	20:55	76.00	9:12:48	7:16	2	12:59	5	49:32
Fröttstädt	24.00	3:05:53	7:44	2	14:11	10	3:05:53	100.00	12:18:41	7:23	2	27:10	5	1:25:57