



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Claudia Vonau

00: PSV Bochum

00: 3

00: 100.00 km

100 Kilometer

0000:

Seniorinnen W45 (45-49)

000: 13:44:40

00: 7.28 km/h

0000: 8:14 min/km

00000/000: 89 (of 153)

00000/0: 20 (of 35)

000000: 10:52:44

00000: 3(of 6)

0000000: 11:51:31

0000

0000

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	3:12:16	7:07	3	14:22	9	21:11	27.00	3:12:16	7:07	3	14:22	9	21:11
Floh-Seligenthal	27.00	3:32:26	7:52	3	26:06	16	36:41	54.00	6:44:42	7:29	3	33:05	13	57:52
Finsterbergen	22.00	3:33:49	9:43	3	45:37	23	57:23	76.00	10:18:31	8:08	3	1:18:42	19	1:55:15
Fröttstädt	24.00	3:26:09	8:35	3	34:27	23	3:26:09	100.00	13:44:40	8:14	3	1:53:09	20	2:51:56