



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Antje Knobloch

□□□: 22:49:42

□□: 1036

□□: 7.01 km/h

□□□□: 8:33 min/km

□□: 160.00 km

□□□□□/□□□: 20 (of 70)

100 Meilen

□□□□□/□: 1 (of 7)

□□□□:

□□□□□□: 22:49:42

Seniorinnen W45 (45-49) M

□□□□□: 1(of 2)

□□□□□□□: 22:49:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	4:34:25	6:32	1	-	1	-	42.00	4:34:25	6:32	1	-	1	-	
Sondra	28.00	4:17:06	9:10	1	-	1	-	70.00	8:51:31	7:35	1	-	1	-	
Glasbachwiese	17.00	2:30:13	8:50	1	-	1	-	87.00	11:21:44	7:50	1	-	1	-	
Floh-Seligenthal	27.00	3:50:59	8:33	1	-	1	-	114.00	15:12:43	8:00	1	-	1	-	
Finsterbergen	24.00	3:56:26	9:51	1	-	4	31:21	138.00	19:09:09	8:19	1	-	1	-	
Fröttstädt	22.00	3:40:33	10:01	1	-	2	7:43	160.00	22:49:42	8:33	1	-	1	-	