



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

0000

Nicole Kresse

00: LG Ultralauf

00: 1004

00: 160.00 km

100 Meilen

0000:

Seniorinnen W50 (50-54) M

000: 23:40:35

00: 6.76 km/h

0000: 8:52 min/km

00000/000: 26 (of 70)

00000/0: 2 (of 7)

000000: 22:49:42

00000: 1(of 4)

0000000: 23:40:35

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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
Hörselberg	42.00	4:48:08	6:51	1	-	2	13:43	42.00	4:48:08	6:51	1	-	2	13:43
Sondra	28.00	4:25:40	9:29	1	-	2	8:34	70.00	9:13:48	7:54	1	-	2	22:17
Glasbachwiese	17.00	2:48:09	9:53	1	-	2	17:56	87.00	12:01:57	8:17	1	-	2	40:13
Floh-Seligenthal	27.00	4:05:35	9:05	1	-	2	14:36	114.00	16:07:32	8:29	1	-	2	54:49
Finsterbergen	24.00	3:43:13	9:18	2	18:08	2	18:08	138.00	19:50:45	8:37	1	-	2	41:36
Fröttstädt	22.00	3:49:50	10:26	2	17:00	3	17:00	160.00	23:40:35	8:52	1	-	2	50:53