



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

0000

Silke Herrmann

00: JA zur Liebe

00: 83

00: 100.00 km

100 Kilometer

0000:

Seniorinnen W45 (45-49)

000: 12:11:55

00: 8.20 km/h

0000: 7:19 min/km

00000/000: 37 (of 195)

00000/0: 6 (of 39)

000000: 9:39:32

00000: 2(of 6)

0000000: 10:49:40

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:05:37	6:52	2	18:32	5	18:32	27.00	3:05:37	6:52	2	18:32	5	18:32	
Floh-Seligenthal	27.00	3:16:29	7:16	2	22:22	7	29:40	54.00	6:22:06	7:04	2	40:54	6	1:16:48	
Finsterbergen	22.00	2:53:25	7:52	2	21:26	6	38:22	76.00	9:15:31	7:18	2	1:02:20	6	1:55:10	
Waltershausen	19.00	2:24:43	7:37	2	14:54	7	31:01	95.00	11:40:14	7:22	2	1:17:14	6	2:26:11	
Fröttstädt	5.00	31:41	6:20	2	5:01	8	7:55	100.00	12:11:55	7:19	2	1:22:15	6	2:32:23	