



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

□□□□

Silke Herrmann

□□: JA zur Liebe

□□: 83

□□: 100.00 km

100 Kilometer

□□□□:

Seniorinnen W45 (45-49)

□□□: 12:11:55

□□: 8.20 km/h

□□□□: 7:19 min/km

□□□□□/□□□: 37 (of 195)

□□□□□/□: 6 (of 39)

□□□□□□: 9:39:32

□□□□□: 2(of 6)

□□□□□□□: 10:49:40

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| 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 |