



16. thüringen ULTRA
Fröttstädt / 06.07.2024

0000

Jean Lamperski

000: 15:09:21

00: 192

00: 6.60 km/h

0000: 9:05 min/km

00: 100.00 km

00000/000: 149 (of 195)

100 Kilometer

00000/0: 32 (of 39)

000000: 9:39:32

0000:

00000: 9(of 15)

Seniorinnen W50 (50-54)

0000000: 13:26:23

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	3:27:28	7:41	4	10:26	18	40:23	27.00	3:27:28	7:41	4	10:26	18	40:23	
Floh-Seligenthal	27.00	3:46:41	8:23	7	25:46	28	59:52	54.00	7:14:09	8:02	7	31:32	27	2:08:51	
Finsterbergen	22.00	3:51:01	10:30	12	42:00	35	1:35:58	76.00	11:05:10	8:45	7	1:02:06	29	3:44:49	
Waltershausen	19.00	3:27:28	10:55	13	50:36	37	1:33:46	95.00	14:32:38	9:11	9	1:39:22	32	5:18:35	
Fröttstädt	5.00	36:43	7:20	9	7:32	27	12:57	100.00	15:09:21	9:05	9	1:42:58	32	5:29:49	