



16. thüringen ULTRA
Fröttstädt / 06.07.2024

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Claudia Cavaleiro

□□: OSC Waldniel/100 MC

□□: 20

□□: 100.00 km

100 Kilometer

□□□□:

Seniorinnen W50 (50-54)

□□□: 17:47:23

□□: 5.62 km/h

□□□□: 10:40 min/km

□□□□□/□□□: 185 (of 195)

□□□□□/□: 39 (of 39)

□□□□□□: 9:39:32

□□□□□: 15(of 15)

□□□□□□□: 13:26:23

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	4:30:22	10:00	15	1:13:20	38	1:43:17	27.00	4:30:22	10:00	15	1:13:20	38	1:43:17
Floh-Seligenthal	27.00	4:57:32	11:01	15	1:36:37	38	2:10:43	54.00	9:27:54	10:30	15	2:45:17	39	4:22:36
Finsterbergen	22.00	fehlt!	-	-	-	-	-	76.00	-	-	-	-	-	-
Waltershausen	19.00	7:41:43	24:18	15	5:04:51	39	5:48:01	95.00	17:09:37	10:50	15	4:16:21	39	7:55:34
Fröttstädt	5.00	37:46	7:33	11	8:35	32	14:00	100.00	17:47:23	10:40	15	4:21:00	39	8:07:51