



16. thüringen ULTRA
Fröttstädt / 06.07.2024

□□□□

Katrin von Iven

□□: LSG Ascania Aschersleben

□□: 214

□□: 100.00 km

100 Kilometer

□□□□:

Seniorinnen W55 (55-59)

□□□: 13:05:12

□□: 7.64 km/h

□□□□: 7:51 min/km

□□□□□/□□□□: 62 (of 195)

□□□□□/□: 9 (of 39)

□□□□□□: 9:39:32

□□□□□: 3(of 7)

□□□□□□□: 11:02:40

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:19:30 | 7:23 | 3 | 25:07 | 11 | 32:25 | 27.00 | 3:19:30 | 7:23 | 3 | 25:07 | 11 | 32:25 |
| Floh-Seligenthal | 27.00 | 3:25:21 | 7:36 | 3 | 38:32 | 11 | 38:32 | 54.00 | 6:44:51 | 7:29 | 3 | 1:03:39 | 12 | 1:39:33 |
| Finsterbergen | 22.00 | 3:10:41 | 8:40 | 3 | 29:10 | 10 | 55:38 | 76.00 | 9:55:32 | 7:50 | 3 | 1:32:49 | 10 | 2:35:11 |
| Waltershausen | 19.00 | 2:36:08 | 8:13 | 3 | 22:24 | 9 | 42:26 | 95.00 | 12:31:40 | 7:54 | 3 | 1:55:13 | 9 | 3:17:37 |
| Fröttstädt | 5.00 | 33:32 | 6:42 | 4 | 7:19 | 15 | 9:46 | 100.00 | 13:05:12 | 7:51 | 3 | 2:02:32 | 9 | 3:25:40 |