



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Pawzik, Heike

Club: LG Nord Berlin  
Number: 153

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 13:49:45

Speed: 7.23 km/h  
Running performance: 8:18 min/km

Rank in course/Total: 114 (of 141)

Rank in course/Women: 15 (of 20)

Best time in course: 10:12:12

Rank in category: 4(of 6)

Best time in the category: 10:40:21

Intermediate times

Stage score

Total ranking

| Control          | Split |         | Pos  | Behind | Pos     |      | Behind  | Total  |          | Pos  | Behind | Pos     |       | Behind  |
|------------------|-------|---------|------|--------|---------|------|---------|--------|----------|------|--------|---------|-------|---------|
|                  | km    | Time    |      |        | min/km  | Cat. |         | Cat.   | Women    |      |        | Women   | Total |         |
| Ruhlaer Skihütte | 24.00 | 3:03:06 | 7:37 | 4      | 25:47   | 14   | 40:30   | 24.00  | 3:03:06  | 7:37 | 4      | 21:01   | 7     | 0:37    |
| Floh-Seligenthal | 26.40 | 3:28:40 | 7:54 | 5      | 47:58   | 15   | 47:58   | 50.40  | 6:31:46  | 7:46 | 4      | 1:08:59 | 7     | 15:03   |
| Finsterbergen    | 24.00 | 3:34:55 | 8:57 | 4      | 57:43   | 14   | 1:04:57 | 74.40  | 10:06:41 | 8:09 | 4      | 2:06:42 | 7     | 29:09   |
| Fröttstädt       | 25.60 | 3:43:04 | 8:42 | 4      | 1:02:42 | 13   | 1:11:57 | 100.00 | 13:49:45 | 8:17 | 4      | 3:09:24 | 14    | 3:37:33 |