



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 km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
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