



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Herms-Lübbe, Elisabeth

Club: LG Vellmar  
Number: 27

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W55

Total time: 17:20:38

Speed: 5.77 km/h  
Running performance: 10:25 min/km

Rank in course/Total: 138 (of 141)

Rank in course/Women: 20 (of 20)

Best time in course: 10:12:12

Rank in category: 3(of 3)

Best time in the category: 14:35:13

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	3:32:42	8:51	3	18:20	20	1:10:06	24.00	3:32:42	8:51	3	18:20	3	30:13
Floh-Seligenthal	26.40	4:09:29	9:27	3	34:10	20	1:28:47	50.40	7:42:11	9:10	3	52:30	3	1:25:28
Finsterbergen	24.00	4:38:29	11:36	3	39:13	20	2:08:31	74.40	12:20:40	9:57	3	1:31:43	3	2:43:08
Fröttstädt	25.60	4:59:58	11:43	3	1:13:42	20	2:28:51	100.00	17:20:38	10:24	3	2:45:25	20	7:08:26