



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Gehrke, Sylvia

Club: Wustermark
Number: 88

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W40

Total time: 11:45:11

Speed: 8.51 km/h
Running performance: 7:03 min/km

Rank in course/Total: 47 (of 141)

Rank in course/Women: 8 (of 20)

Best time in course: 10:12:12

Rank in category: 3(of 5)

Best time in the category: 10:28:54

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	2:47:15	6:58	3	15:32	8	24:39	24.00	2:47:15	6:58	3	15:32	14	
Floh-Seligenthal	26.40	3:02:34	6:54	2	18:47	8	21:52	50.40	5:49:49	6:56	3	34:19	14	
Finsterbergen	24.00	3:02:19	7:35	3	29:13	8	32:21	74.40	8:52:08	7:09	3	1:03:32	14	
Fröttstädt	25.60	2:53:03	6:45	3	12:45	6	21:56	100.00	11:45:11	7:03	3	1:16:17	8	1:32:59