



2. ThüringenULTRA
Fröttstädt / 05.07.2008

Detailed evaluation

Dilling, Daniela

Club: KSC Strausberg
Number: 33

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W45

Total time: 12:02:30

Speed: 8.30 km/h
Running performance: 7:13 min/km

Rank in course/Total: 52 (of 141)

Rank in course/Women: 9 (of 20)

Best time in course: 10:12:12

Rank in category: 3(of 6)

Best time in the category: 10:40:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ruhlaer Skihütte	24.00	2:37:19	6:33	1	-	5	14:43	24.00	2:37:19	6:33	3			13
Floh-Seligenthal	26.40	2:59:11	6:47	2	18:29	6	18:29	50.40	5:36:30	6:40	3	13:43		13
Finsterbergen	24.00	3:02:49	7:37	3	25:37	9	32:51	74.40	8:39:19	6:58	3	39:20		13
Fröttstädt	25.60	3:23:11	7:56	3	42:49	11	52:04	100.00	12:02:30	7:13	3	1:22:09	9	1:50:18