



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Fiehring, Andrea

Club: SV Steinbach
Number: 40

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W45

Total time: 12:46:30

Speed: 7.83 km/h
Running performance: 7:40 min/km

Rank in course/Total: 92 (of 187)

Rank in course/Women: 7 (of 24)

Best time in course: 10:20:30

Rank in category: 3(of 4)

Best time in the category: 10:49:22

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	23.96	2:51:56	7:10	2	20:47	5	23:57	23.96	2:51:56	7:10	3	20:47	19	
Floh-Seligenthal	26.92	2:59:14	6:39	2	18:03	4	20:34	50.88	5:51:10	6:54	3	38:50	19	
Finsterbergen	24.12	3:22:20	8:23	3	31:18	9	49:45	75.00	9:13:30	7:22	3	1:10:08	18	
Fröttstädt	24.83	3:33:00	8:34	3	47:00	10	51:44	100.00	12:46:30	7:39	3	1:57:08	7	2:26:00