



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Eggert, Irmgard

Club: Hochschule Harz Halberstadt
Number: 164

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W55

Total time: 13:09:34

Speed: 7.60 km/h
Running performance: 7:54 min/km

Rank in course/Total: 103 (of 187)

Rank in course/Women: 9 (of 24)

Best time in course: 10:20:30

Rank in category: 1(of 4)

Best time in the category: 13:09:34

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	23.96	3:07:55	7:50	1	-	14	39:56	23.96	3:07:55	7:50	1	-	17	0:10
Floh-Seligenthal	26.92	3:14:44	7:14	1	-	10	36:04	50.88	6:22:39	7:31	1	-	17	
Finsterbergen	24.12	3:16:35	8:09	1	-	7	44:00	75.00	9:39:14	7:43	1	-	16	
Fröttstädt	24.83	3:30:20	8:28	2	13:39	9	49:04	100.00	13:09:34	7:53	1	-	9	2:49:04