



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Rutjes, Diana

Club: Millingen aan de Rijn
Number: 126

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W30

Total time: 13:10:02

Speed: 7.59 km/h
Running performance: 7:54 min/km

Rank in course/Total: 104 (of 187)

Rank in course/Women: 10 (of 24)

Best time in course: 10:20:30

Rank in category: 1(of 2)

Best time in the category: 13:10:02

Intermediate times

Stage score

Total ranking

Control	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	23.96	2:49:29	7:04	1	-	4	21:30	23.96	2:49:29	7:04	1	-	16	
Floh-Seligenthal	26.92	3:06:53	6:56	1	-	7	28:13	50.88	5:56:22	7:00	1	-	16	
Finsterbergen	24.12	3:36:44	8:59	1	-	15	1:04:09	75.00	9:33:06	7:38	1	-	15	
Fröttstädt	24.83	3:36:56	8:44	1	-	11	55:40	100.00	13:10:02	7:54	1	-	10	2:49:32