



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Wolter, Elke

Club: LWG Cottbus  
Number: 194

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 13:16:07

Speed: 7.54 km/h  
Running performance: 7:58 min/km

Rank in course/Total: 109 (of 187)

Rank in course/Women: 11 (of 24)

Best time in course: 10:20:30

Rank in category: 4(of 7)

Best time in the category: 10:20:30

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	2:52:45	7:12	4	24:46	7	24:46	23.96	2:52:45	7:12	4	24:46	15	
Floh-Seligenthal	26.92	3:14:45	7:14	4	36:05	11	36:05	50.88	6:07:30	7:13	4	1:00:51	15	
Finsterbergen	24.12	3:25:13	8:30	4	52:38	11	52:38	75.00	9:32:43	7:38	4	1:53:29	14	
Fröttstädt	24.83	3:43:24	8:59	4	1:02:08	14	1:02:08	100.00	13:16:07	7:57	4	2:55:37	11	2:55:37