



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Schelhorn, Claudia

Club: Berlin  
Number: 98

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 13:38:13

Speed: 7.33 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 123 (of 187)

Rank in course/Women: 13 (of 24)

Best time in course: 10:20:30

Rank in category: 5(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Ruhlaer Skihütte	23.96	3:07:45	7:50	5	39:46	13	39:46	23.96	3:07:45	7:50	5	39:46	1	-
Floh-Seligenthal	26.92	3:23:38	7:33	5	44:58	13	44:58	50.88	6:31:23	7:41	5	1:24:44	1	-
Finsterbergen	24.12	3:26:42	8:34	5	54:07	12	54:07	75.00	9:58:05	7:58	5	2:18:51	12	
Fröttstädt	24.83	3:40:08	8:51	3	58:52	13	58:52	100.00	13:38:13	8:10	5	3:17:43	13	3:17:43