



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Dahl, Marianne

Club: TSV Sibbesse
Number: 73

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W65

Total time: 13:50:22

Speed: 7.23 km/h
Running performance: 8:18 min/km

Rank in course/Total: 127 (of 187)

Rank in course/Women: 14 (of 24)

Best time in course: 10:20:30

Rank in category: 1(of 2)

Best time in the category: 13:50:22

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	3:17:39	8:14	1	-	20	49:40	23.96	3:17:39	8:14	1	-	12	9:54
Floh-Seligenthal	26.92	3:33:04	7:54	1	-	17	54:24	50.88	6:50:43	8:04	1	-	12	19:20
Finsterbergen	24.12	3:31:13	8:45	1	-	14	58:38	75.00	10:21:56	8:17	1	-	11	12:26
Fröttstädt	24.83	3:28:26	8:23	1	-	8	47:10	100.00	13:50:22	8:18	1	-	14	3:29:52