



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Zietlow, Brigitte

Club: Dietzenbach
Number: 22

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W60

Total time: 14:10:21

Speed: 7.06 km/h
Running performance: 8:30 min/km

Rank in course/Total: 138 (of 187)

Rank in course/Women: 15 (of 24)

Best time in course: 10:20:30

Rank in category: 1(of 1)

Best time in the category: 14:10:21

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	3:19:42	8:20	1	-	22	51:43	23.96	3:19:42	8:20	1	-	11	11:57
Floh-Seligenthal	26.92	3:40:23	8:11	1	-	19	1:01:43	50.88	7:00:05	8:15	1	-	11	28:42
Finsterbergen	24.12	3:30:41	8:44	1	-	13	58:06	75.00	10:30:46	8:24	1	-	10	21:16
Fröttstädt	24.83	3:39:35	8:50	1	-	12	58:19	100.00	14:10:21	8:30	1	-	15	3:49:51