



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Pflug, Brigitte

Club: TF Feuerbach  
Number: 149

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W55

Total time: 14:23:45

Speed: 6.95 km/h  
Running performance: 8:38 min/km

Rank in course/Total: 142 (of 187)

Rank in course/Women: 16 (of 24)

Best time in course: 10:20:30

Rank in category: 3(of 4)

Best time in the category: 13:09:34

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Women			Women	km	
Ruhlaer Skihütte	23.96	3:08:22	7:51	2	0:27	15	40:23	23.96	3:08:22	7:51	3	0:27	10	0:37
Floh-Seligenthal	26.92	3:36:33	8:02	3	21:49	18	57:53	50.88	6:44:55	7:57	3	22:16	10	13:32
Finsterbergen	24.12	3:46:04	9:22	3	29:29	17	1:13:29	75.00	10:30:59	8:24	3	51:45	9	21:29
Fröttstädt	24.83	3:52:46	9:22	3	36:05	16	1:11:30	100.00	14:23:45	8:38	3	1:14:11	16	4:03:15