



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: GutsMuths-RSLV
Number: 10

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W50

Total time: 14:32:10

Speed: 6.88 km/h
Running performance: 8:43 min/km

Rank in course/Total: 144 (of 187)

Rank in course/Women: 17 (of 24)

Best time in course: 10:20:30

Rank in category: 2(of 3)

Best time in the category: 13:05:45

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	3:19:38	8:19	3	21:13	21	51:39	23.96	3:19:38	8:19	2	12:47	9	11:53
Floh-Seligenthal	26.92	3:30:25	7:48	3	12:32	15	51:45	50.88	6:50:03	8:03	2	25:19	9	18:40
Finsterbergen	24.12	3:41:17	9:10	2	24:24	16	1:08:42	75.00	10:31:20	8:25	2	49:43	8	21:50
Fröttstädt	24.83	4:00:50	9:41	2	36:42	17	1:19:34	100.00	14:32:10	8:43	2	1:26:25	17	4:11:40