



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Weiss, Heidi

Club: Siselen  
Number: 90

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W50

Total time: 14:39:42

Speed: 6.82 km/h  
Running performance: 8:48 min/km

Rank in course/Total: 146 (of 187)

Rank in course/Women: 18 (of 24)

Best time in course: 10:20:30

Rank in category: 3(of 3)

Best time in the category: 13:05:45

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	2:58:25	7:26	1	-	11	30:26	23.96	2:58:25	7:26	3			8
Floh-Seligenthal	26.92	3:28:14	7:44	2	10:21	14	49:34	50.88	6:26:39	7:35	3	1:55		8
Finsterbergen	24.12	3:54:43	9:43	3	37:50	18	1:22:08	75.00	10:21:22	8:17	3	39:45	7	11:52
Fröttstädt	24.83	4:18:20	10:24	3	54:12	19	1:37:04	100.00	14:39:42	8:47	3	1:33:57	18	4:19:12