



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Pautzsch, Ulricke

Club: Kanu Altenburg
Number: 196

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W45

Total time: 15:07:56

Speed: 6.61 km/h
Running performance: 9:05 min/km

Rank in course/Total: 148 (of 187)

Rank in course/Women: 19 (of 24)

Best time in course: 10:20:30

Rank in category: 4(of 4)

Best time in the category: 10:49:22

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	2:53:17	7:13	3	22:08	8	25:18	23.96	2:53:17	7:13	4	22:08	7	
Floh-Seligenthal	26.92	3:11:16	7:06	3	30:05	8	32:36	50.88	6:04:33	7:09	4	52:13	7	
Finsterbergen	24.12	4:17:52	10:41	4	1:26:50	20	1:45:17	75.00	10:22:25	8:17	4	2:19:03	6	12:55
Fröttstädt	24.83	4:45:31	11:29	4	1:59:31	21	2:04:15	100.00	15:07:56	9:04	4	4:18:34	19	4:47:26