



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Siebe, Birte

Club: Lübbecker Berglöwen
Number: 70

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W30

Total time: 16:50:27

Speed: 5.94 km/h
Running performance: 10:06 min/km

Rank in course/Total: 168 (of 187)

Rank in course/Women: 21 (of 24)

Best time in course: 10:20:30

Rank in category: 2(of 2)

Best time in the category: 13:10:02

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	3:15:05	8:08	2	25:36	18	47:06	23.96	3:15:05	8:08	2	25:36	5	7:20
Floh-Seligenthal	26.92	3:55:57	8:45	2	49:04	22	1:17:17	50.88	7:11:02	8:28	2	1:14:40	5	39:39
Finsterbergen	24.12	4:27:12	11:04	2	50:28	21	1:54:37	75.00	11:38:14	9:18	2	2:05:08	4	1:28:44
Fröttstädt	24.83	5:12:13	12:34	2	1:35:17	22	2:30:57	100.00	16:50:27	10:06	2	3:40:25	21	6:29:57