



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

Detailed evaluation

Preißler, Monika

Club: 100 Marathon Club
Number: 30

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W55

Total time: 17:03:47

Speed: 5.86 km/h
Running performance: 10:14 min/km

Rank in course/Total: 171 (of 187)

Rank in course/Women: 22 (of 24)

Best time in course: 10:20:30

Rank in category: 4(of 4)

Best time in the category: 13:09:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Ruhlaer Skihütte	23.96	3:30:32	8:47	4	22:37	24	1:02:33	23.96	3:30:32	8:47	4	22:37	4	22:47			
Floh-Seligenthal	26.92	4:17:01	9:32	4	1:02:17	23	1:38:21	50.88	7:47:33	9:11	4	1:24:54	4	1:16:10			
Finsterbergen	24.12	4:43:14	11:44	4	1:26:39	22	2:10:39	75.00	12:30:47	10:00	4	2:51:33	3	2:21:17			
Fröttstädt	24.83	4:33:00	10:59	4	1:16:19	20	1:51:44	100.00	17:03:47	10:14	4	3:54:13	22	6:43:17			