



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

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Club: Moers
Number: 127

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W40

Total time: 17:16:05

Speed: 5.79 km/h
Running performance: 10:22 min/km

Rank in course/Total: 172 (of 187)

Rank in course/Women: 23 (of 24)

Best time in course: 10:20:30

Rank in category: 6(of 7)

Best time in the category: 10:20:30

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	3:15:41	8:10	7	47:42	19	47:42	23.96	3:15:41	8:10	6	47:42	3	7:56
Floh-Seligenthal	26.92	3:52:16	8:37	6	1:13:36	21	1:13:36	50.88	7:07:57	8:24	6	2:01:18	3	36:34
Finsterbergen	24.12	4:47:03	11:54	6	2:14:28	23	2:14:28	75.00	11:55:00	9:31	6	4:15:46	2	1:45:30
Fröttstädt	24.83	5:21:05	12:55	6	2:39:49	23	2:39:49	100.00	17:16:05	10:21	6	6:55:35	23	6:55:35