3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Bahlcke, Annett

Club: Potsdamer Laufclub PLC
Number: 131

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W40

Total time: 10:20:30

Speed: 9.67 km/h
Running performance: 6:12 min/km

Rank in course/Total: 17 (of 187)
Rank in course/Women: 1 (of 24)
Best time in course: 10:20:30

Rank in category: 1(of 7)
Best time in the category: 10:20:30

Intermediate times

Control	Stage score							Total ranking						
	Split km	Split Time	Split min/km	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	2:27:59	6:10	1	-	1	-	23.96	2:27:59	6:10	1	-	13	
Floh-Seligenthal	26.92	2:38:40	5:53	1	-	1	-	50.88	5:06:39	6:01	1	-	13	
Finsterbergen	24.12	2:32:35	6:19	1	-	1	-	75.00	7:39:14	6:07	1	-	13	
Fröttstätt	24.83	2:41:16	6:29	1	-	1	-	100.00	10:20:30	6:12	1	-	1	-