



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Fischer, Bärbel

Club: RLT Rodgau
Number: 86

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W45

Total time: 10:49:22

Speed: 9.24 km/h
Running performance: 6:29 min/km

Rank in course/Total: 25 (of 187)

Rank in course/Women: 2 (of 24)

Best time in course: 10:20:30

Rank in category: 1(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
Ruhlaer Skihütte	23.96	2:31:09	6:18	1	-	2	3:10	23.96	2:31:09	6:18	1	-	24
Floh-Seligenthal	26.92	2:41:11	5:59	1	-	2	2:31	50.88	5:12:20	6:08	1	-	24
Finsterbergen	24.12	2:51:02	7:05	1	-	3	18:27	75.00	8:03:22	6:26	1	-	23
Fröttstädt	24.83	2:46:00	6:41	1	-	2	4:44	100.00	10:49:22	6:29	1	-	2 28:52