



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Rehn, Sylvia

Club: Hamburg
Number: 174

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W35

Total time: 11:33:06

Speed: 8.66 km/h
Running performance: 6:56 min/km

Rank in course/Total: 44 (of 187)

Rank in course/Women: 3 (of 24)

Best time in course: 10:20:30

Rank in category: 1(of 1)

Best time in the category: 11:33:06

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	2:57:10	7:23	1	-	10	29:11	23.96	2:57:10	7:23	1	-	23
Floh-Seligenthal	26.92	2:59:33	6:40	1	-	5	20:53	50.88	5:56:43	7:00	1	-	23
Finsterbergen	24.12	2:47:55	6:57	1	-	2	15:20	75.00	8:44:38	6:59	1	-	22
Fröttstädt	24.83	2:48:28	6:47	1	-	3	7:12	100.00	11:33:06	6:55	1	-	3 1:12:36