



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Eschelbach, Iris

Club: TV Rheinau 1893  
Number: 181

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 11:50:21

Speed: 8.45 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 54 (of 187)

Rank in course/Women: 4 (of 24)

Best time in course: 10:20:30

Rank in category: 2(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
Ruhlaer Skihütte	23.96	2:52:07	7:11	3	24:08	6	24:08	23.96	2:52:07	7:11	2	24:08	22
Floh-Seligenthal	26.92	2:54:51	6:29	2	16:11	3	16:11	50.88	5:46:58	6:49	2	40:19	22
Finsterbergen	24.12	3:04:32	7:39	2	31:57	4	31:57	75.00	8:51:30	7:05	2	1:12:16	21
Fröttstädt	24.83	2:58:51	7:12	2	17:35	4	17:35	100.00	11:50:21	7:06	2	1:29:51	4