



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Bernhöft, Claudia

Club: Wendelstein

Number: 53

Course: 100.00 km

Thüringen Ultra

Category:

Frauen W40

Total time: 12:40:41

Speed: 7.89 km/h

Running performance: 7:37 min/km

Rank in course/Total: 86 (of 187)

Rank in course/Women: 5 (of 24)

Best time in course: 10:20:30

Rank in category: 3(of 7)

Best time in the category: 10:20:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ruhlaer Skihütte	23.96	2:33:48	6:25	2	5:49	3	5:49	23.96	2:33:48	6:25	3	5:49	21	
Floh-Seligenthal	26.92	3:01:49	6:45	3	23:09	6	23:09	50.88	5:35:37	6:35	3	28:58	21	
Finsterbergen	24.12	3:16:11	8:08	3	43:36	6	43:36	75.00	8:51:48	7:05	3	1:12:34	20	
Fröttstädt	24.83	3:48:53	9:13	5	1:07:37	15	1:07:37	100.00	12:40:41	7:36	3	2:20:11	5	2:20:11