



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

Neubert, Ruth

Club: Lindenberg  
Number: 85

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 12:42:11

Speed: 7.87 km/h  
Running performance: 7:37 min/km

Rank in course/Total: 87 (of 187)

Rank in course/Women: 6 (of 24)

Best time in course: 10:20:30

Rank in category: 2(of 4)

Best time in the category: 10:49:22

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	2:56:36	7:22	4	25:27	9	28:37	23.96	2:56:36	7:22	2	25:27	20	
Floh-Seligenthal	26.92	3:12:03	7:08	4	30:52	9	33:23	50.88	6:08:39	7:14	2	56:19	20	
Finsterbergen	24.12	3:05:13	7:40	2	14:11	5	32:38	75.00	9:13:52	7:23	2	1:10:30	19	
Fröttstädt	24.83	3:28:19	8:23	2	42:19	7	47:03	100.00	12:42:11	7:37	2	1:52:49	6	2:21:41