



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Enzian, Iris

Club: Sc-impuls Erfurt
Number: 3

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W45

Total time: 11:45:02

Speed: 8.43 km/h
Running performance: 7:04 min/km

Rank in course/Total: 51 (of 212)

Rank in course/Women: 6 (of 27)

Best time in course: 10:18:40

Rank in category: 3(of 6)

Best time in the category: 10:48:42

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	2:35:24	6:29	3	8:41	8	20:06	23.96	2:35:24	6:29	4		22
Floh-Seligenthal	26.92	2:44:25	6:06	2	1:18	6	10:44	50.88	5:19:49	6:17	3	9:59	22
Finsterbergen	24.12	3:03:33	7:36	3	14:50	7	33:20	75.00	8:23:22	6:42	3	24:49	20
Fröttstädt	24.83	3:21:40	8:07	4	31:31	6	37:49	99.83	11:45:02	7:03	3	56:20	6 1:26:22