



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Stader, Claudia

Club: Team Campana
Number: 217

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W40

Total time: 12:07:49

Speed: 8.16 km/h
Running performance: 7:17 min/km

Rank in course/Total: 61 (of 212)

Rank in course/Women: 7 (of 27)

Best time in course: 10:18:40

Rank in category: 4(of 12)

Best time in the category: 10:18:40

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Ruhlaer Skihütte	23.96	2:19:50	5:50	2	4:32	2	4:32	23.96	2:19:50	5:50	4			21
Floh-Seligenthal	26.92	2:33:41	5:42	1	-	1	-	50.88	4:53:31	5:46	4			21
Finsterbergen	24.12	2:33:28	6:21	2	3:15	2	3:15	75.00	7:26:59	5:57	4			19
Fröttstädt	24.83	4:40:50	11:18	10	1:56:59	18	1:56:59	99.83	12:07:49	7:17	4	1:49:09	7	1:49:09