



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 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	Behind 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