



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

**Bahlcke, Annett**

Club: Potsdamer Laufclub  
Number: 1

Course: 99.83 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 12:11:40

Speed: 8.12 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 63 (of 212)

Rank in course/Women: 8 (of 27)

Best time in course: 10:18:40

Rank in category: 5(of 12)

Best time in the category: 10:18:40

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	2:32:27	6:21	4	17:09	6	17:09	23.96	2:32:27	6:21	5	5:21	20	
Floh-Seligenthal	26.92	2:55:32	6:31	5	21:51	9	21:51	50.88	5:27:59	6:26	5	23:23	20	
Finsterbergen	24.12	3:08:13	7:48	5	38:00	8	38:00	75.00	8:36:12	6:52	5	1:01:23	18	
Fröttstädt	24.83	3:35:28	8:40	4	51:37	8	51:37	99.83	12:11:40	7:19	5	1:53:00	8	1:53:00