



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Knowlton, Alexis

Club: Berlin
Number: 20

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W20

Total time: 12:49:27

Speed: 7.72 km/h
Running performance: 7:43 min/km

Rank in course/Total: 87 (of 212)

Rank in course/Women: 10 (of 27)

Best time in course: 10:18:40

Rank in category: 1(of 1)

Best time in the category: 12:49:27

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
Ruhlaer Skihütte	23.96	2:36:18	6:31	1	-	9	21:00	23.96	2:36:18	6:31	1	-	18
Floh-Seligenthal	26.92	3:01:25	6:44	1	-	11	27:44	50.88	5:37:43	6:38	1	-	18
Finsterbergen	24.12	3:25:14	8:30	1	-	11	55:01	75.00	9:02:57	7:14	1	-	16
Fröttstädt	24.83	3:46:30	9:07	1	-	9	1:02:39	99.83	12:49:27	7:42	1	-	10 2:30:47