



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Melzer, Ines

Club: Heideläufer Jessen  
Number: 248

Course: 99.83 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 13:10:03

Speed: 7.52 km/h  
Running performance: 7:55 min/km

Rank in course/Total: 97 (of 212)

Rank in course/Women: 11 (of 27)

Best time in course: 10:18:40

Rank in category: 6(of 12)

Best time in the category: 10:18:40

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                  |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ruhlaer Skihütte | 23.96       | 2:52:08       | 7:11            | 8           | 36:50          | 13           | 36:50           | 23.96         | 2:52:08       | 7:11            | 6           | 25:02          | 17           | 2:31            |
| Floh-Seligenthal | 26.92       | 2:56:38       | 6:33            | 6           | 22:57          | 10           | 22:57           | 50.88         | 5:48:46       | 6:51            | 6           | 44:10          | 17           |                 |
| Finsterbergen    | 24.12       | 3:22:41       | 8:24            | 6           | 52:28          | 10           | 52:28           | 75.00         | 9:11:27       | 7:21            | 6           | 1:36:38        | 15           |                 |
| Fröttstädt       | 24.83       | 3:58:36       | 9:36            | 6           | 1:14:45        | 11           | 1:14:45         | 99.83         | 13:10:03      | 7:54            | 6           | 2:51:23        | 11           | 2:51:23         |