



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 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	2:52:08	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