



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Pautzsch, Ulrike

Club: Kanu Altenburg  
Number: 186

Course: 99.83 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 15:08:41

Speed: 6.59 km/h  
Running performance: 9:06 min/km

Rank in course/Total: 153 (of 212)

Rank in course/Women: 16 (of 27)

Best time in course: 10:18:40

Rank in category: 5(of 6)

Best time in the category: 10:48:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	2:52:35	7:12	5	25:52	14	37:17	23.96	2:52:35	7:12	6		11	2:58
Floh-Seligenthal	26.92	3:07:17	6:57	5	24:10	12	33:36	50.88	5:59:52	7:04	5	50:02	11	
Finsterbergen	24.12	3:58:22	9:52	5	1:09:39	16	1:28:09	75.00	9:58:14	7:58	5	1:59:41	9	14:58
Fröttstädt	24.83	5:10:27	12:30	5	2:20:18	23	2:26:36	99.83	15:08:41	9:06	5	4:19:59	16	4:50:01