



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Martin, Alexandra

Club: zeitjäger  
Number: 124

Course: 99.83 km  
Thüringen Ultra

Category:  
Frauen W35

Total time: 15:21:18

Speed: 6.45 km/h  
Running performance: 9:14 min/km

Rank in course/Total: 155 (of 212)

Rank in course/Women: 17 (of 27)

Best time in course: 10:18:40

Rank in category: 1(of 1)

Best time in the category: 15:21:18

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	Behind Women
Ruhlaer Skihütte	23.96	3:06:42	7:47	1	-	17	51:24	23.96	3:06:42	7:47	1	-	10	17:05
Floh-Seligenthal	26.92	3:24:24	7:35	1	-	16	50:43	50.88	6:31:06	7:41	1	-	10	9:13
Finsterbergen	24.12	3:55:09	9:44	1	-	15	1:24:56	75.00	10:26:15	8:20	1	-	8	42:59
Fröttstädt	24.83	4:55:03	11:52	1	-	21	2:11:12	99.83	15:21:18	9:13	1	-	17	5:02:38