



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Zietlow, Brigitte

Club: Dietzenbach
Number: 131

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W60

Total time: 15:37:33

Speed: 6.34 km/h
Running performance: 9:23 min/km

Rank in course/Total: 159 (of 212)

Rank in course/Women: 18 (of 27)

Best time in course: 10:18:40

Rank in category: 1(of 2)

Best time in the category: 15:37:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Ruhlaer Skihütte	23.96	3:23:15	8:28	1	-	22	1:07:57	23.96	3:23:15	8:28	1	-	9	33:38
Floh-Seligenthal	26.92	3:50:52	8:34	1	-	20	1:17:11	50.88	7:14:07	8:31	1	-	9	52:14
Finsterbergen	24.12	4:07:40	10:16	1	-	17	1:37:27	75.00	11:21:47	9:05	1	-	7	1:38:31
Fröttstädt	24.83	4:15:46	10:18	1	-	14	1:31:55	99.83	15:37:33	9:23	1	-	18	5:18:53