



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Bethge, Annette

Club: Mahlsdorfer Wiesel
Number: 209

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W40

Total time: 16:13:04

Speed: 6.10 km/h
Running performance: 9:45 min/km

Rank in course/Total: 172 (of 212)

Rank in course/Women: 19 (of 27)

Best time in course: 10:18:40

Rank in category: 10(of 12)

Best time in the category: 10:18:40

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Ruhlaer Skihütte	23.96	3:22:51	8:27	11	1:07:33	20	1:07:33	23.96	3:22:51	8:27	10	55:45	8	33:14
Floh-Seligenthal	26.92	3:59:23	8:53	12	1:25:42	22	1:25:42	50.88	7:22:14	8:41	10	2:17:38	8	1:00:21
Finsterbergen	24.12	4:27:29	11:05	11	1:57:16	21	1:57:16	75.00	11:49:43	9:27	10	4:14:54	6	2:06:27
Fröttstädt	24.83	4:23:21	10:36	8	1:39:30	15	1:39:30	99.83	16:13:04	9:44	10	5:54:24	19	5:54:24