



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Beidl, Sonja

Club: SC Steinberg
Number: 225

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W40

Total time: 16:18:56

Speed: 6.07 km/h
Running performance: 9:49 min/km

Rank in course/Total: 174 (of 212)

Rank in course/Women: 20 (of 27)

Best time in course: 10:18:40

Rank in category: 11(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	3:13:24	8:04	10	58:06	18	58:06	23.96	3:13:24	8:04	11	46:18	5	23:47
Floh-Seligenthal	26.92	3:45:21	8:22	10	1:11:40	19	1:11:40	50.88	6:58:45	8:13	11	1:54:09	5	36:52
Finsterbergen	24.12	4:13:42	10:31	10	1:43:29	19	1:43:29	75.00	11:12:27	8:57	11	3:37:38	5	1:29:11
Fröttstädt	24.83	5:06:29	12:20	12	2:22:38	22	2:22:38	99.83	16:18:56	9:48	11	6:00:16	20	6:00:16