



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Kaltwasser, Cornelia

Club: Rennsteiglauf Weilheim
Number: 180

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W40

Total time: 16:54:32

Speed: 5.85 km/h
Running performance: 10:10 min/km

Rank in course/Total: 181 (of 212)

Rank in course/Women: 22 (of 27)

Best time in course: 10:18:40

Rank in category: 12(of 12)

Best time in the category: 10:18:40

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	3:33:16	8:54	12	1:17:58	23	1:17:58	23.96	3:33:16	8:54	12	1:06:10	3	43:39
Floh-Seligenthal	26.92	3:59:11	8:53	11	1:25:30	21	1:25:30	50.88	7:32:27	8:53	12	2:27:51	3	1:10:34
Finsterbergen	24.12	4:39:30	11:35	12	2:09:17	23	2:09:17	75.00	12:11:57	9:45	12	4:37:08	3	2:28:41
Fröttstädt	24.83	4:42:35	11:22	11	1:58:44	19	1:58:44	99.83	16:54:32	10:09	12	6:35:52	22	6:35:52