



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Musial, Elke

Club: LG Taucha  
Number: 203

Course: 99.83 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 10:18:40

Speed: 9.60 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 14 (of 212)

Rank in course/Women: 1 (of 27)

Best time in course: 10:18:40

Rank in category: 1(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
Ruhlaer Skihütte	23.96	2:27:06	6:08	3	11:48	4	11:48	23.96	2:27:06	6:08	1	-	27
Floh-Seligenthal	26.92	2:37:30	5:51	3	3:49	3	3:49	50.88	5:04:36	5:59	1	-	14
Finsterbergen	24.12	2:30:13	6:13	1	-	1	-	75.00	7:34:49	6:03	1	-	13
Fröttstädt	24.83	2:43:51	6:35	1	-	1	-	99.83	10:18:40	6:11	1	-	1