



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Bergmann, Heike

Club: TSV Zeulenroda
Number: 190

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W45

Total time: 10:48:42

Speed: 9.16 km/h
Running performance: 6:30 min/km

Rank in course/Total: 23 (of 212)

Rank in course/Women: 3 (of 27)

Best time in course: 10:18:40

Rank in category: 1(of 6)

Best time in the category: 10:48:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking					
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Ruhlaer Skihütte	23.96	2:26:43	6:07	1	-	3	11:25	23.96	2:26:43	6:07	2	-	25
Floh-Seligenthal	26.92	2:43:07	6:03	1	-	5	9:26	50.88	5:09:50	6:05	1	-	25
Finsterbergen	24.12	2:48:43	6:59	1	-	5	18:30	75.00	7:58:33	6:22	1	-	23
Fröttstädt	24.83	2:50:09	6:51	1	-	2	6:18	99.83	10:48:42	6:29	1	-	3 30:02