



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Fischer, Bärbel

Club: RLT Rodgau
Number: 70

Course: 99.83 km
Thüringen Ultra

Category:
Frauen W45

Total time: 11:03:14

Speed: 8.96 km/h
Running performance: 6:38 min/km

Rank in course/Total: 30 (of 212)

Rank in course/Women: 4 (of 27)

Best time in course: 10:18:40

Rank in category: 2(of 6)

Best time in the category: 10:48:42

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	2:27:45	6:09	2	1:02	5	12:27	23.96	2:27:45	6:09	3		24
Floh-Seligenthal	26.92	2:46:17	6:10	3	3:10	7	12:36	50.88	5:14:02	6:10	2	4:12	24
Finsterbergen	24.12	2:54:04	7:13	2	5:21	6	23:51	75.00	8:08:06	6:30	2	9:33	22
Fröttstädt	24.83	2:55:08	7:03	2	4:59	4	11:17	99.83	11:03:14	6:38	2	14:32	4 44:34