



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Dahl, Marianne

Club: TSV Sibbesse
Number: 706

Course: 75.07 km
DM der DUV

Category:
Frauen W65

Total time: 10:05:38

Speed: 7.43 km/h
Running performance: 8:04 min/km

Rank in course/Total: 35 (of 48)

Rank in course/Women: 7 (of 10)

Best time in course: 7:32:47

Rank in category: 1(of 1)

Best time in the category: 10:05:38

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
Floh-Seligenthal	26.92	3:11:25	7:06	1	-	9	39:52	26.92	3:11:25	7:06	1	-	8	39:52
Finsterbergen	24.12	3:20:52	8:19	1	-	7	57:24	51.04	6:32:17	7:41	1	-	8	1:37:16
Fröttstädt	24.83	3:33:21	8:35	1	-	7	55:35	75.07	10:05:38	8:04	1	-	7	2:32:51