



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Liszewitz, Dagmar

Club: LG DUV

Number: 743

Course: 75.07 km

DM der DUV

Category:

Frauen W45

Total time: 10:55:28

Speed: 6.87 km/h

Running performance: 8:44 min/km

Rank in course/Total: 40 (of 48)

Rank in course/Women: 8 (of 10)

Best time in course: 7:32:47

Rank in category: 3(of 3)

Best time in the category: 8:17:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Floh-Seligenthal	26.92	3:11:24	7:06	3	34:14	8	39:51	26.92	3:11:24	7:06	3	34:14	9	39:51
Finsterbergen	24.12	3:44:22	9:18	3	59:07	9	1:20:54	51.04	6:55:46	8:08	3	1:33:21	9	2:00:45
Fröttstädt	24.83	3:59:42	9:39	3	1:04:15	8	1:21:56	75.07	10:55:28	8:43	3	2:37:36	8	3:22:41