



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

Detailed evaluation

Wolfram, Heidi

Club: SWV Goldlauter-Heidersbach
Number: 715

Course: 75.07 km
DM der DUV

Category:
Frauen W55

Total time: 8:49:16

Speed: 8.50 km/h
Running performance: 7:03 min/km

Rank in course/Total: 26 (of 48)

Rank in course/Women: 4 (of 10)

Best time in course: 7:32:47

Rank in category: 2(of 2)

Best time in the category: 7:32:47

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 | 2:43:30 | 6:04 | 2 | 11:57 | 3 | 11:57 | 26.92 | 2:43:30 | 6:04 | 2 | 11:57 | 5 | 11:57 |
| Finsterbergen | 24.12 | 2:46:59 | 6:55 | 2 | 23:31 | 3 | 23:31 | 51.04 | 5:30:29 | 6:28 | 2 | 35:28 | 5 | 35:28 |
| Fröttstädt | 24.83 | 3:18:47 | 8:00 | 2 | 41:01 | 4 | 41:01 | 75.07 | 8:49:16 | 7:03 | 2 | 1:16:29 | 4 | 1:16:29 |