



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Hansen, Heidrun

Club: laufsohle.de
Number: 31

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W45

Total time: 11:41:49

Speed: 8.55 km/h
Running performance: 7:01 min/km

Rank in course/Total: 69 (of 176)

Rank in course/Women: 9 (of 36)

Best time in course: 9:26:20

Rank in category: 4(of 9)

Best time in the category: 10:13:27

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
Ruhlaer Skihütte	23.96	2:52:47	7:12	5	27:33	15	31:41	23.96	2:52:47	7:12	4	27:33	19	
Floh-Seligenthal	26.92	2:59:34	6:40	4	25:42	9	32:31	50.88	5:52:21	6:55	4	53:15	19	
Finsterbergen	24.12	2:58:48	7:24	4	23:56	8	41:53	75.00	8:51:09	7:04	4	1:17:11	26	
Fröttstädt	25.00	2:50:40	6:49	2	11:11	6	29:47	100.00	11:41:49	7:01	4	1:28:22	9	2:15:29