



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Glöckner, Sabrina

Club: TSG Kaiserslautern  
Number: 70

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W30

Total time: 12:15:42

Speed: 8.16 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 88 (of 176)

Rank in course/Women: 12 (of 36)

Best time in course: 9:26:20

Rank in category: 1(of 3)

Best time in the category: 12:15:42

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	2:51:33	7:09	2	30:27	13	30:27	23.96	2:51:33	7:09	2	30:27	32	
Floh-Seligenthal	26.92	3:09:53	7:03	2	5:09	14	42:50	50.88	6:01:26	7:06	2	35:36	31	
Finsterbergen	24.12	3:10:35	7:54	1	-	12	53:40	75.00	9:12:01	7:21	1	-	30	
Fröttstädt	25.00	3:03:41	7:20	1	-	11	42:48	100.00	12:15:42	7:21	1	-	12	2:49:22