



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Stegmaier, Simone

Club: LG Nord Berlin Ultrateam  
Number: 59

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 12:39:52

Speed: 7.90 km/h  
Running performance: 7:36 min/km

Rank in course/Total: 99 (of 176)

Rank in course/Women: 14 (of 36)

Best time in course: 9:26:20

Rank in category: 5(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	2:42:24	6:46	3	17:10	7	21:18	23.96	2:42:24	6:46	6	17:10	35	
Floh-Seligenthal	26.92	3:09:39	7:02	5	35:47	13	42:36	50.88	5:52:03	6:55	6	52:57	35	
Finsterbergen	24.12	3:14:58	8:04	5	40:06	13	58:03	75.00	9:07:01	7:17	6	1:33:03	32	
Fröttstädt	25.00	3:32:51	8:30	6	53:22	17	1:11:58	100.00	12:39:52	7:35	5	2:26:25	14	3:13:32