



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Sekulla, Katrin

Club: Meckatzer Freunde Preussen  
Number: 17

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 13:08:00

Speed: 7.61 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 106 (of 176)

Rank in course/Women: 15 (of 36)

Best time in course: 9:26:20

Rank in category: 5(of 12)

Best time in the category: 9:26:20

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	2:56:20	7:21	5	34:51	17	35:14	23.96	2:56:20	7:21	5	34:51	36	
Floh-Seligenthal	26.92	3:15:58	7:16	5	48:55	16	48:55	50.88	6:12:18	7:19	5	1:23:46	36	
Finsterbergen	24.12	3:29:57	8:42	6	1:13:02	18	1:13:02	75.00	9:42:15	7:45	5	2:36:48	33	
Fröttstädt	25.00	3:25:45	8:13	5	1:04:52	15	1:04:52	100.00	13:08:00	7:52	5	3:41:40	15	3:41:40