



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Frühauf, Sylvia

Club: ohne Verein  
Number: 85

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 13:41:11

Speed: 7.31 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 122 (of 176)

Rank in course/Women: 18 (of 36)

Best time in course: 9:26:20

Rank in category: 6(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	3:10:40	7:57	7	45:26	24	49:34	23.96	3:10:40	7:57	7	45:26	3	
Floh-Seligenthal	26.92	3:34:15	7:57	7	1:00:23	25	1:07:12	50.88	6:44:55	7:57	7	1:45:49	3	
Finsterbergen	24.12	3:33:05	8:50	6	58:13	21	1:16:10	75.00	10:18:00	8:14	7	2:44:02	2	
Fröttstädt	25.00	3:23:11	8:07	5	43:42	13	1:02:18	100.00	13:41:11	8:12	6	3:27:44	18	4:14:51