



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kaltwasser, Cornelia

Club: DUV

Number: 133

Course: 100.00 km

Thüringen Ultra

Category:

Frauen W40

Total time: 14:03:24

Speed: 7.11 km/h

Running performance: 8:26 min/km

Rank in course/Total: 133 (of 176)

Rank in course/Women: 23 (of 36)

Best time in course: 9:26:20

Rank in category: 8(of 12)

Best time in the category: 9:26:20

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
Ruhlaer Skihütte	23.96	3:07:30	7:49	7	46:01	20	46:24	23.96	3:07:30	7:49	8	46:01	8
Floh-Seligenthal	26.92	3:42:05	8:14	11	1:15:02	30	1:15:02	50.88	6:49:35	8:02	8	2:01:03	8
Finsterbergen	24.12	3:38:51	9:04	8	1:21:56	24	1:21:56	75.00	10:28:26	8:22	8	3:22:59	7
Fröttstädt	25.00	3:34:58	8:35	6	1:14:05	20	1:14:05	100.00	14:03:24	8:26	8	4:37:04	23 4:37:04