



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Zietlow, Irina

Club: Offenbach
Number: 164

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W40

Total time: 14:31:44

Speed: 6.88 km/h
Running performance: 8:43 min/km

Rank in course/Total: 144 (of 176)

Rank in course/Women: 27 (of 36)

Best time in course: 9:26:20

Rank in category: 10(of 12)

Best time in the category: 9:26:20

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Total ranking		
	km	Time			min/km	Cat.		Cat.	Women	Women			Total	Total	Total
Ruhlaer Skihütte	23.96	3:10:04	7:55	9	48:35	23	48:58	23.96	3:10:04	7:55	10	48:35	12		
Floh-Seligenthal	26.92	3:33:11	7:55	8	1:06:08	23	1:06:08	50.88	6:43:15	7:55	10	1:54:43	12		
Finsterbergen	24.12	3:44:14	9:17	11	1:27:19	27	1:27:19	75.00	10:27:29	8:21	10	3:22:02	11		
Fröttstädt	25.00	4:04:15	9:46	11	1:43:22	28	1:43:22	100.00	14:31:44	8:43	10	5:05:24	27	5:05:24	