



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Enzian, Iris

Club: sc - impuls Erfurt  
Number: 1097

Course: 161.00 km  
Thüringen ULTRA - 100 Meilen

Category:  
Frauen W45

Total time: 27:02:46

Speed: 5.95 km/h  
Running performance: 10:05 min/km

Rank in course/Total: 73 (of 89)

Rank in course/Women: 5 (of 5)

Best time in course: 21:36:31

Rank in category: 1(of 1)

Best time in the category: 27:02:46

Control	Intermediate times				Stage score				Total ranking					
	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
Berggasthof Hörn	43.00	5:24:23	7:32	1	-	3	38:42	43.00	5:24:23	7:32	1	-	6	5:24:23
Sondra	28.00	6:06:20	13:04	1	-	5	2:31:09	71.00	11:30:43	9:43	2	11:30:43	6	11:30:43
Ruhlaer Skihütte	14.00	2:13:10	9:30	1	-	2	16:05	85.00	13:43:53	9:41	2	13:43:53	6	13:43:53
Brotterode/Klein	15.00	2:33:29	10:13	1	-	4	25:09	100.00	16:17:22	9:46	2	16:17:22	6	16:17:22
Floh-Seligenthal	12.00	1:30:28	7:32	1	-	2	1:08	112.00	17:47:50	9:32	2	17:47:50	6	17:47:50
Finsterbergen	23.00	4:19:24	11:16	1	-	4	46:25	135.00	22:07:14	9:49	2	22:07:14	6	22:07:14
Fröttstädt	26.00	4:55:32	11:22	1	-	4	55:37	161.00	27:02:46	10:04	1	-	5	5:26:15