



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Beidl, Sonja

Club: SC Steinberg  
Number: 58

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 15:06:13

Speed: 6.62 km/h  
Running performance: 9:04 min/km

Rank in course/Total: 149 (of 176)

Rank in course/Women: 29 (of 36)

Best time in course: 9:26:20

Rank in category: 12(of 12)

Best time in the category: 9:26:20

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
Ruhlaer Skihütte	23.96	3:10:03	7:55	8	48:34	22	48:57	23.96	3:10:03	7:55	12	48:34	14	
Floh-Seligenthal	26.92	3:33:16	7:55	9	1:06:13	24	1:06:13	50.88	6:43:19	7:55	12	1:54:47	14	
Finsterbergen	24.12	3:47:15	9:25	12	1:30:20	29	1:30:20	75.00	10:30:34	8:24	12	3:25:07	13	
Fröttstädt	25.00	4:35:39	11:01	12	2:14:46	31	2:14:46	100.00	15:06:13	9:03	12	5:39:53	29	5:39:53