



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Caninenberg, Ute

Club: Hellenthal  
Number: 157

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 15:57:45

Speed: 6.26 km/h  
Running performance: 9:35 min/km

Rank in course/Total: 163 (of 176)

Rank in course/Women: 31 (of 36)

Best time in course: 9:26:20

Rank in category: 7(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
Ruhlaer Skihütte	23.96	3:08:47	7:52	6	43:33	21	47:41	23.96	3:08:47	7:52	8	43:33	16
Floh-Seligenthal	26.92	3:30:17	7:48	6	56:25	22	1:03:14	50.88	6:39:04	7:50	8	1:39:58	16
Finsterbergen	24.12	4:23:01	10:54	8	1:48:09	34	2:06:06	75.00	11:02:05	8:49	8	3:28:07	15 28:17
Fröttstädt	25.00	4:55:40	11:49	8	2:16:11	33	2:34:47	100.00	15:57:45	9:34	7	5:44:18	31 6:31:25