



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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|
|                  |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>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   |