



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Melzer, Ines

Club: Heideläufer Jessen
Number: 1075

Course: 161.00 km
Thüringen ULTRA - 100 Meilen

Category:
Frauen W40

Total time: 25:46:37

Speed: 6.25 km/h
Running performance: 9:37 min/km

Rank in course/Total: 64 (of 89)

Rank in course/Women: 3 (of 5)

Best time in course: 21:36:31

Rank in category: 2(of 2)

Best time in the category: 24:49:11

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	5:17:53	7:23	1	-	2	32:12	43.00	5:17:53	7:23	3	5:17:53	6	5:17:53
Sondra	28.00	4:06:08	8:47	1	-	2	30:57	71.00	9:24:01	7:56	3	9:24:01	6	9:24:01
Ruhlaer Skihütte	14.00	2:39:15	11:22	2	10:16	5	42:10	85.00	12:03:16	8:30	3	12:03:16	6	12:03:16
Brotterode/Klein	15.00	2:38:06	10:32	2	25:24	5	29:46	100.00	14:41:22	8:48	3	14:41:22	6	14:41:22
Floh-Seligenthal	12.00	1:33:37	7:48	1	-	3	4:17	112.00	16:14:59	8:42	3	16:14:59	6	16:14:59
Finsterbergen	23.00	4:41:17	12:13	2	52:57	5	1:08:18	135.00	20:56:16	9:18	3	20:56:16	6	20:56:16
Fröttstädt	26.00	4:50:21	11:10	2	50:26	3	50:26	161.00	25:46:37	9:36	2	57:26	3	4:10:06