



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kraus, Ina

Club: Brauns - Heitmann  
Number: 72

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 17:15:39

Speed: 5.79 km/h  
Running performance: 10:22 min/km

Rank in course/Total: 167 (of 176)

Rank in course/Women: 33 (of 36)

Best time in course: 9:26:20

Rank in category: 8(of 9)

Best time in the category: 10:13:27

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	3:44:19	9:21	9	1:19:05	36	1:23:13	23.96	3:44:19	9:21	9	1:19:05	18	31:17
Floh-Seligenthal	26.92	4:17:03	9:32	9	1:43:11	36	1:50:00	50.88	8:01:22	9:27	9	3:02:16	18	56:05
Finsterbergen	24.12	4:35:45	11:25	9	2:00:53	35	2:18:50	75.00	12:37:07	10:05	9	5:03:09	17	2:03:19
Fröttstädt	25.00	4:38:32	11:08	7	1:59:03	32	2:17:39	100.00	17:15:39	10:21	8	7:02:12	33	7:49:19