



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Bergmann, Heike

Club: TSV Zeulenroda
Number: 190

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W45

Total time: 10:13:27

Speed: 9.78 km/h
Running performance: 6:08 min/km

Rank in course/Total: 17 (of 176)

Rank in course/Women: 2 (of 36)

Best time in course: 9:26:20

Rank in category: 1(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	2:25:14	6:03	1	-	5	4:08	23.96	2:25:14	6:03	1	-	20
Floh-Seligenthal	26.92	2:33:52	5:42	1	-	2	6:49	50.88	4:59:06	5:52	1	-	20
Finsterbergen	24.12	2:34:52	6:25	1	-	2	17:57	75.00	7:33:58	6:03	1	-	19
Fröttstädt	25.00	2:39:29	6:22	1	-	2	18:36	100.00	10:13:27	6:08	1	-	2 47:07