



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Warnstedt, Renate

Club: TRIathlon Gera
Number: 169

Course: 100.00 km
Thüringen Ultra

Category:
Frauen W50

Total time: 11:25:15

Speed: 8.76 km/h
Running performance: 6:51 min/km

Rank in course/Total: 56 (of 176)

Rank in course/Women: 6 (of 36)

Best time in course: 9:26:20

Rank in category: 1(of 5)

Best time in the category: 11:25:15

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	2:44:58	6:53	1	-	8	23:52	23.96	2:44:58	6:53	1	-	24
Floh-Seligenthal	26.92	2:45:53	6:09	1	-	5	18:50	50.88	5:30:51	6:30	1	-	24
Finsterbergen	24.12	2:59:49	7:27	2	4:33	9	42:54	75.00	8:30:40	6:48	1	-	23
Fröttstädt	25.00	2:54:35	6:59	2	9:19	8	33:42	100.00	11:25:15	6:51	1	-	6 1:58:55