



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

Detailed evaluation

Kaufmann, Ursula

Club: TV Attendorn  
Number: 84

Course: 100.00 km  
Thüringen Ultra

Category:  
Frauen W45

Total time: 11:29:33

Speed: 8.70 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 59 (of 176)

Rank in course/Women: 7 (of 36)

Best time in course: 9:26:20

Rank in category: 3(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	2:46:51	6:57	4	21:37	9	25:45	23.96	2:46:51	6:57	3	21:37	26
Floh-Seligenthal	26.92	2:53:48	6:27	3	19:56	8	26:45	50.88	5:40:39	6:41	3	41:33	26
Finsterbergen	24.12	2:57:35	7:21	3	22:43	7	40:40	75.00	8:38:14	6:54	3	1:04:16	24
Fröttstädt	25.00	2:51:19	6:51	3	11:50	7	30:26	100.00	11:29:33	6:53	3	1:16:06	7 2:03:13