



5. Thüringen ULTRA
Fröttstädt / 02.07.2011

Detailed evaluation

guteZeiten/schlechteZeiten

Number: 4014

Course: 100.00 km

Staffel 4x25 km

Category:

Frauenstaffel

Total time: 10:59:38

Speed: 9.10 km/h

Running performance: 6:36 min/km

Rank in course: 22 (of 23)

Best time in course: 7:43:36

Rank in category: 2(of 2)

Best time in the category: 9:24:49

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Ruhlaer Skihütte	23.96	2:22:00	5:55	1	-	15	35:34	23.96	2:22:00	5:55	2		3	0:06
Floh-Seligenthal	26.92	2:32:33	5:40	2	2:36	16	33:28	50.88	4:54:33	5:47	2		3	3:39
Finsterbergen	24.12	3:07:16	7:45	2	40:39	23	1:19:18	75.00	8:01:49	6:25	2	36:25	3	57:28
Fröttstädt	25.00	2:57:49	7:06	2	58:24	22	1:19:31	100.00	10:59:38	6:35	2	1:34:49	22	3:16:02