



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Beidl, Sonja

Club: SC Steinberg  
Number: 35

Course: 100.22 km  
Thüringen Ultra

Category:  
Frauen W40

Total time: 12:41:46

Speed: 7.88 km/h  
Running performance: 7:36 min/km

Rank in course/Total: 101 (of 191)

Rank in course/Women: 6 (of 16)

Best time in course: 11:02:12

Rank in category: 4(of 7)

Best time in the category: 11:02:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Glasbachwiese	27.39	3:25:25	7:29	5	28:15	8	28:15	27.39	3:25:25	7:29	4	28:15	7	
Floh-Seligenthal	27.74	3:09:11	6:49	3	16:00	5	16:00	55.13	6:34:36	7:09	4	44:15	6	44:15
Finsterbergen	22.03	2:59:00	8:07	4	25:40	6	25:42	77.16	9:33:36	7:26	4	1:05:40	6	1:05:40
Fröttstädt	23.06	3:08:10	8:09	4	33:54	5	33:54	100.22	12:41:46	7:36	4	1:39:34	6	1:39:34