



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Hansen, Heidrun

Club: laufsohle.de
Number: 70

Course: 100.22 km
Thüringen Ultra

Category:
Frauen W45

Total time: 13:17:10

Speed: 7.53 km/h
Running performance: 7:57 min/km

Rank in course/Total: 121 (of 191)

Rank in course/Women: 8 (of 16)

Best time in course: 11:02:12

Rank in category: 1(of 2)

Best time in the category: 13:17:10

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Glasbachwiese	27.39	3:27:49	7:35	1	-	9	30:39	27.39	3:27:49	7:35	1	-	9	
Floh-Seligenthal	27.74	3:21:41	7:16	1	-	7	28:30	55.13	6:49:30	7:25	1	-	8	59:09
Finsterbergen	22.03	3:08:52	8:34	1	-	7	35:34	77.16	9:58:22	7:45	1	-	8	1:30:26
Fröttstädt	23.06	3:18:48	8:37	2	8:59	10	44:32	100.22	13:17:10	7:57	1	-	8	2:14:58