



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Benaerens, Nadia

Club: Lokeren
Number: 104

Course: 100.22 km
Thüringen Ultra

Category:
Frauen W40

Total time: 12:21:38

Speed: 8.09 km/h
Running performance: 7:24 min/km

Rank in course/Total: 89 (of 191)

Rank in course/Women: 4 (of 16)

Best time in course: 11:02:12

Rank in category: 3(of 7)

Best time in the category: 11:02:12

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	Behind Women
Glasbachwiese	27.39	3:14:58	7:07	4	17:48	6	17:48	27.39	3:14:58	7:07	3	17:48	5	
Floh-Seligenthal	27.74	3:27:10	7:28	5	33:59	8	33:59	55.13	6:42:08	7:17	3	51:47	4	51:47
Finsterbergen	22.03	2:45:18	7:30	3	11:58	4	12:00	77.16	9:27:26	7:21	3	59:30	4	59:30
Fröttstädt	23.06	2:54:12	7:33	3	19:56	4	19:56	100.22	12:21:38	7:24	3	1:19:26	4	1:19:26