



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 |