



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Melzer, Ines

Club: Heideläufer  
Number: 285

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 13:17:45

Speed: 7.52 km/h  
Running performance: 7:59 min/km

Rank in course/Total: 144 (of 272)

Rank in course/Women: 14 (of 37)

Best time in course: 10:26:10

Rank in category: 3(of 5)

Best time in the category: 10:52:15

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                  |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Glasbachwiese    | 25.00       | 2:59:06       | 7:09            | 2           | 13:27          | 7            | 19:49           | 25.00         | 2:59:06       | 7:09            | 3           | 13:27          | 34           |                 |
| Floh-Seligenthal | 25.00       | 3:19:27       | 7:58            | 2           | 26:30          | 12           | 33:08           | 50.00         | 6:18:33       | 7:34            | 3           | 39:57          | 34           |                 |
| Finsterbergen    | 25.00       | 3:33:20       | 8:31            | 5           | 55:15          | 27           | 1:09:34         | 75.00         | 9:51:53       | 7:53            | 3           | 1:35:12        | 32           |                 |
| Fröttstädt       | 25.00       | 3:25:52       | 8:14            | 5           | 50:18          | 18           | 55:28           | 100.00        | 13:17:45      | 7:58            | 3           | 2:25:30        | 14           | 2:51:35         |