



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 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	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