



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Dr. Reich, Steffi

Club: Blau-Weiß Hettstedt
Number: 184

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 13:44:08

Speed: 7.28 km/h
Running performance: 8:14 min/km

Rank in course/Total: 172 (of 272)

Rank in course/Women: 19 (of 37)

Best time in course: 10:26:10

Rank in category: 2(of 8)

Best time in the category: 11:43:50

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	3:37:06	8:41	2	34:43	20	57:49	25.00	3:37:06	8:41	3			11
Floh-Seligenthal	25.00	3:27:28	8:17	2	29:57	15	41:09	50.00	7:04:34	8:29	3			11
Finsterbergen	25.00	3:20:01	8:00	3	21:09	20	56:15	75.00	10:24:35	8:19	2	1:25:49		36
Fröttstädt	25.00	3:19:33	7:58	3	34:29	15	49:09	100.00	13:44:08	8:14	2	2:00:18	19	3:17:58