



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Beidl, Sonja

Club: SC Steinberg
Number: 22

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 13:44:04

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

Rank in course/Total: 170 (of 272)

Rank in course/Women: 18 (of 37)

Best time in course: 10:26:10

Rank in category: 5(of 5)

Best time in the category: 10:52:15

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Women	Women				
Glasbachwiese	25.00	3:36:17	8:39	4	50:38	19	57:00	25.00	3:36:17	8:39	5	50:38	2	
Floh-Seligenthal	25.00	3:22:43	8:06	3	29:46	13	36:24	50.00	6:59:00	8:22	5	1:20:24	2	
Finsterbergen	25.00	3:21:23	8:03	4	43:18	22	57:37	75.00	10:20:23	8:16	5	2:03:42	10	
Fröttstädt	25.00	3:23:41	8:08	4	48:07	16	53:17	100.00	13:44:04	8:14	5	2:51:49	18	3:17:54