



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Rolfes, Maria

Club: LT Waldschleicher /100MC/TEA  
Number: 103

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 13:56:05

Speed: 7.18 km/h  
Running performance: 8:22 min/km

Rank in course/Total: 187 (of 272)

Rank in course/Women: 21 (of 37)

Best time in course: 10:26:10

Rank in category: 1(of 4)

Best time in the category: 13:56:05

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	3:27:26	8:17	1	-	16	48:09	25.00	3:27:26	8:17	1	-	4	
Floh-Seligenthal	25.00	3:28:14	8:19	1	-	16	41:55	50.00	6:55:40	8:18	1	-	4	
Finsterbergen	25.00	3:30:08	8:24	1	-	24	1:06:22	75.00	10:25:48	8:20	1	-	3	
Fröttstädt	25.00	3:30:17	8:24	1	-	22	59:53	100.00	13:56:05	8:21	1	-	21	3:29:55