



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Bethge, Annette

Club: LC RON-HILL Berlin e.V.
Number: 140

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 14:15:09

Speed: 7.02 km/h
Running performance: 8:33 min/km

Rank in course/Total: 198 (of 272)

Rank in course/Women: 23 (of 37)

Best time in course: 10:26:10

Rank in category: 4(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	3:48:10	9:07	4	45:47	28	1:08:53	25.00	3:48:10	9:07	5		6	
Floh-Seligenthal	25.00	3:39:37	8:47	4	42:06	26	53:18	50.00	7:27:47	8:57	5		6	
Finsterbergen	25.00	3:22:06	8:05	4	23:14	23	58:20	75.00	10:49:53	8:39	4	1:51:07	5	
Fröttstädt	25.00	3:25:16	8:12	4	40:12	17	54:52	100.00	14:15:09	8:33	4	2:31:19	23	3:48:59