



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Gramer, Susanne

Club: Wertheim
Number: 185

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 14:30:59

Speed: 6.89 km/h
Running performance: 8:43 min/km

Rank in course/Total: 213 (of 272)

Rank in course/Women: 27 (of 37)

Best time in course: 10:26:10

Rank in category: 5(of 6)

Best time in the category: 12:10:35

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Glasbachwiese	25.00	3:39:13	8:46	4	44:16	23	59:56	25.00	3:39:13	8:46	5	44:16	10	
Floh-Seligenthal	25.00	3:50:57	9:14	5	51:28	28	1:04:38	50.00	7:30:10	9:00	5	1:35:44	10	1:05
Finsterbergen	25.00	3:16:06	7:50	4	14:40	16	52:20	75.00	10:46:16	8:37	5	1:50:24	9	
Fröttstädt	25.00	3:44:43	8:59	5	43:09	24	1:14:19	100.00	14:30:59	8:42	5	2:20:24	27	4:04:49