



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Goldbach, solveig

Club: Lübecker Marathon eV  
Number: 70

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 15:30:21

Speed: 6.45 km/h  
Running performance: 9:18 min/km

Rank in course/Total: 231 (of 272)

Rank in course/Women: 29 (of 37)

Best time in course: 10:26:10

Rank in category: 2(of 4)

Best time in the category: 13:56:05

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |  |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                  |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |  |
| Glasbachwiese    | 25.00       | 3:48:25       | 9:08            | 2           | 20:59          | 29           | 1:09:08         | 25.00         | 3:48:25       | 9:08            | 2           | 20:59          | 12           |                 |  |
| Floh-Seligenthal | 25.00       | 3:57:29       | 9:29            | 3           | 29:15          | 32           | 1:11:10         | 50.00         | 7:45:54       | 9:19            | 2           | 50:14          | 12           | 16:49           |  |
| Finsterbergen    | 25.00       | 3:49:30       | 9:10            | 3           | 19:22          | 30           | 1:25:44         | 75.00         | 11:35:24      | 9:16            | 2           | 1:09:36        | 11           | 34:19           |  |
| Fröttstädt       | 25.00       | 3:54:57       | 9:23            | 2           | 24:40          | 29           | 1:24:33         | 100.00        | 15:30:21      | 9:18            | 2           | 1:34:16        | 29           | 5:04:11         |  |