



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Nicklaus, Dagmar

Club: KLB2000

Number: 113

Course: 100.00 km

Thüringen Ultra

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 15:45:33

Speed: 6.35 km/h

Running performance: 9:28 min/km

Rank in course/Total: 233 (of 272)

Rank in course/Women: 30 (of 37)

Best time in course: 10:26:10

Rank in category: 3(of 4)

Best time in the category: 13:56:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking							
				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	3:53:23	9:20	3	25:57	32	1:14:06	25.00	3:53:23	9:20	3	25:57	13		
Floh-Seligenthal	25.00	3:51:34	9:15	2	23:20	29	1:05:15	50.00	7:44:57	9:17	3	49:17	13	15:52	
Finsterbergen	25.00	3:44:51	8:59	2	14:43	29	1:21:05	75.00	11:29:48	9:11	3	1:04:00	12	28:43	
Fröttstädt	25.00	4:15:45	10:13	3	45:28	30	1:45:21	100.00	15:45:33	9:27	3	1:49:28	30	5:19:23	