



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Nonnweiler, Silke

Club: LTF Marpingen
Number: 229

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 15:55:59

Speed: 6.28 km/h
Running performance: 9:34 min/km

Rank in course/Total: 237 (of 272)

Rank in course/Women: 31 (of 37)

Best time in course: 10:26:10

Rank in category: 6(of 6)

Best time in the category: 12:10:35

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	3:41:08	8:50	5	46:11	24	1:01:51	25.00	3:41:08	8:50	6	46:11	14	
Floh-Seligenthal	25.00	4:01:00	9:38	6	1:01:31	33	1:14:41	50.00	7:42:08	9:14	6	1:47:42	14	13:03
Finsterbergen	25.00	3:56:28	9:27	6	55:02	31	1:32:42	75.00	11:38:36	9:18	6	2:42:44	13	37:31
Fröttstädt	25.00	4:17:23	10:17	6	1:15:49	31	1:46:59	100.00	15:55:59	9:33	6	3:45:24	31	5:29:49