



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Weidner, Sabine

Club: LG Mauerweg Berlin e.v.  
Number: 210

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 16:21:42

Speed: 6.11 km/h  
Running performance: 9:49 min/km

Rank in course/Total: 245 (of 272)

Rank in course/Women: 32 (of 37)

Best time in course: 10:26:10

Rank in category: 5(of 8)

Best time in the category: 11:43:50

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Glasbachwiese	25.00	3:51:07	9:14	5	48:44	30	1:11:50	25.00	3:51:07	9:14	6			15
Floh-Seligenthal	25.00	3:54:32	9:22	5	57:01	30	1:08:13	50.00	7:45:39	9:18	6			15 16:34
Finsterbergen	25.00	3:56:59	9:28	5	58:07	32	1:33:13	75.00	11:42:38	9:22	5	2:43:52	14	41:33
Fröttstädt	25.00	4:39:04	11:09	7	1:54:00	36	2:08:40	100.00	16:21:42	9:49	5	4:37:52	32	5:55:32