



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Quinkenstein, Simone

Club: Waltroper LC 06
Number: 35

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 16:56:22

Speed: 5.90 km/h
Running performance: 10:10 min/km

Rank in course/Total: 251 (of 272)

Rank in course/Women: 35 (of 37)

Best time in course: 10:26:10

Rank in category: 6(of 8)

Best time in the category: 11:43:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Glasbachwiese	25.00	3:52:36	9:18	6	31	50:13	1:13:19	25.00	3:52:36	9:18	7	18		
Floh-Seligenthal	25.00	4:06:24	9:51	6	34	1:08:53	1:20:05	50.00	7:59:00	9:34	7	18	29:55	
Finsterbergen	25.00	4:18:20	10:19	6	35	1:19:28	1:54:34	75.00	12:17:20	9:49	6	17	3:18:34	1:16:15
Fröttstädt	25.00	4:39:02	11:09	6	35	1:53:58	2:08:38	100.00	16:56:22	10:09	6	35	5:12:32	6:30:12