



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Spillecke, Antje

Club: LAC Erdgas Chemnitz
Number: 133

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 11:43:50

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 77 (of 272)

Rank in course/Women: 5 (of 37)

Best time in course: 10:26:10

Rank in category: 1(of 8)

Best time in the category: 11:43:50

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	3:02:23	7:17	1	-	8	23:06	25.00	3:02:23	7:17	2	-	25	
Floh-Seligenthal	25.00	2:57:31	7:06	1	-	4	11:12	50.00	5:59:54	7:11	2	-	25	
Finsterbergen	25.00	2:58:52	7:09	1	-	7	35:06	75.00	8:58:46	7:11	1	-	23	
Fröttstädt	25.00	2:45:04	6:36	1	-	6	14:40	100.00	11:43:50	7:02	1	-	5	1:17:40