



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Bruns, Klaudia

Club: Borbecker Raketen Essen
Number: 97

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 11:48:04

Speed: 8.47 km/h
Running performance: 7:05 min/km

Rank in course/Total: 81 (of 272)

Rank in course/Women: 6 (of 37)

Best time in course: 10:26:10

Rank in category: 3(of 10)

Best time in the category: 10:46:43

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	3:08:51	7:33	4	17:11	11	29:34	25.00	3:08:51	7:33	3	17:11	26	
Floh-Seligenthal	25.00	2:59:13	7:10	2	8:51	5	12:54	50.00	6:08:04	7:21	3	26:02	26	
Finsterbergen	25.00	2:46:20	6:39	3	12:03	6	22:34	75.00	8:54:24	7:07	3	38:05	24	
Fröttstädt	25.00	2:53:40	6:56	2	23:16	7	23:16	100.00	11:48:04	7:04	3	1:01:21	6	1:21:54