



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Göbel, Carina

Club: Helios Iron Team
Number: 154

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 12:45:04

Speed: 7.84 km/h
Running performance: 7:39 min/km

Rank in course/Total: 106 (of 272)

Rank in course/Women: 13 (of 40)

Best time in course: 10:03:10

Rank in category: 6(of 13)

Best time in the category: 11:38:28

Control	Intermediate times			Stage score				Total ranking						
	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	27.39	3:11:27	6:59	4	22:13	10	43:18	27.39	3:11:27	6:59	6	22:13	34	
Floh-Seligenthal	27.74	3:07:31	6:45	4	10:40	9	28:57	55.13	6:18:58	6:52	6	30:16	34	
Finsterbergen	22.03	3:13:07	8:45	7	32:42	15	50:36	77.16	9:32:05	7:24	6	48:49	33	
Fröttstädt	22.84	3:12:59	8:26	6	26:00	12	44:28	100.00	12:45:04	7:39	6	1:06:36	13	2:41:54