



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Messerer, Margit

Club: LG Passau  
Number: 222

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 13:12:25

Speed: 7.57 km/h  
Running performance: 7:55 min/km

Rank in course/Total: 127 (of 272)

Rank in course/Women: 15 (of 40)

Best time in course: 10:03:10

Rank in category: 7(of 13)

Best time in the category: 11:38:28

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	27.39	3:42:14	8:06	11	53:00	28	1:14:05	27.39	3:42:14	8:06	7	53:00	36	20:03
Floh-Seligenthal	27.74	3:37:06	7:49	9	40:15	26	58:32	55.13	7:19:20	7:58	7	1:30:38	36	12:52
Finsterbergen	22.03	2:56:32	8:00	6	16:07	11	34:01	77.16	10:15:52	7:58	7	1:32:36	35	
Fröttstädt	22.84	2:56:33	7:43	3	9:34	8	28:02	100.00	13:12:25	7:55	7	1:33:57	15	3:09:15