



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Beidl, Sonja

Club: SC Steinberg  
Number: 200

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 13:53:09

Speed: 7.20 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 155 (of 272)

Rank in course/Women: 19 (of 40)

Best time in course: 10:03:10

Rank in category: 8(of 14)

Best time in the category: 10:03:10

Intermediate times

Stage score

Total ranking

| Control          | Split | Split   | Split  | Pos  | Behind  | Pos  | Behind  | Total  | Total    | Total  | Pos  | Behind  | Pos  | Behind  |
|------------------|-------|---------|--------|------|---------|------|---------|--------|----------|--------|------|---------|------|---------|
|                  | km    | Time    | min/km | Cat. | Cat.    | Wome | Women   | km     | Time     | min/km | Cat. | Cat.    | Wome | Women   |
| Glasbachwiese    | 27.39 | 3:33:41 | 7:48   | 9    | 1:05:32 | 23   | 1:05:32 | 27.39  | 3:33:41  | 7:48   | 9    | 1:05:32 | 5    | 11:30   |
| Floh-Seligenthal | 27.74 | 3:24:05 | 7:21   | 7    | 45:31   | 16   | 45:31   | 55.13  | 6:57:46  | 7:34   | 9    | 1:51:03 | 11   |         |
| Finsterbergen    | 22.03 | 3:29:41 | 9:31   | 9    | 1:07:10 | 26   | 1:07:10 | 77.16  | 10:27:27 | 8:07   | 9    | 2:52:48 | 11   |         |
| Fröttstädt       | 22.84 | 3:25:42 | 9:00   | 8    | 57:11   | 18   | 57:11   | 100.00 | 13:53:09 | 8:19   | 8    | 3:49:59 | 19   | 3:49:59 |