



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Gruber, Angela

Club: TV Leinburg  
Number: 32

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 13:54:27

Speed: 7.19 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 158 (of 272)

Rank in course/Women: 20 (of 40)

Best time in course: 10:03:10

Rank in category: 9(of 13)

Best time in the category: 11:38:28

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	27.39	3:27:00	7:33	9	37:46	22	58:51	27.39	3:27:00	7:33	9	37:46	2	4:49
Floh-Seligenthal	27.74	3:35:23	7:45	8	38:32	25	56:49	55.13	7:02:23	7:39	9	1:13:41	2	
Finsterbergen	22.03	3:22:27	9:11	8	42:02	19	59:56	77.16	10:24:50	8:05	9	1:41:34	2	
Fröttstädt	22.84	3:29:37	9:10	10	42:38	21	1:01:06	100.00	13:54:27	8:20	9	2:15:59	20	3:51:17