



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Kilian, Alexandra

Club: yogawi.de  
Number: 194

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 15:43:27

Speed: 6.36 km/h  
Running performance: 9:26 min/km

Rank in course/Total: 226 (of 272)

Rank in course/Women: 32 (of 40)

Best time in course: 10:03:10

Rank in category: 5(of 7)

Best time in the category: 12:52:45

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	3:51:11	8:26	7	35:21	34	1:23:02	27.39	3:51:11	8:26	5	35:21	14	29:00
Floh-Seligenthal	27.74	3:42:55	8:02	4	27:39	29	1:04:21	55.13	7:34:06	8:14	5	1:03:00	14	27:38
Finsterbergen	22.03	3:35:52	9:47	5	29:30	30	1:13:21	77.16	11:09:58	8:40	5	1:32:30	14	20:43
Fröttstädt	22.84	4:33:29	11:58	6	1:18:12	37	2:04:58	100.00	15:43:27	9:26	5	2:50:42	32	5:40:17