



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

**Benning, Nicole**

Club: EK Schwaikheim  
Number: 228

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 11:36:23

Speed: 8.62 km/h  
Running performance: 6:58 min/km

Rank in course/Total: 50 (of 272)

Rank in course/Women: 4 (of 40)

Best time in course: 10:03:10

Rank in category: 4(of 14)

Best time in the category: 10:03:10

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
Glasbachwiese	27.39	2:54:25	6:22	4	26:16	5	26:16	27.39	2:54:25	6:22	4	26:16	25
Floh-Seligenthal	27.74	2:51:44	6:11	4	13:10	4	13:10	55.13	5:46:09	6:16	4	39:26	25
Finsterbergen	22.03	2:48:41	7:39	5	26:10	7	26:10	77.16	8:34:50	6:40	4	1:00:11	24
Fröttstädt	22.84	3:01:33	7:56	6	33:02	10	33:02	100.00	11:36:23	6:57	4	1:33:13	4