



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Spillecke, Antje

Club: LAC Erdgas Chemnitz  
Number: 146

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 11:41:36

Speed: 8.55 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 56 (of 272)

Rank in course/Women: 7 (of 40)

Best time in course: 10:03:10

Rank in category: 2(of 13)

Best time in the category: 11:38:28

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Glasbachwiese	27.39	2:57:40	6:29	2	8:26	6	29:31	27.39	2:57:40	6:29	2	8:26	28	
Floh-Seligenthal	27.74	2:56:51	6:22	1	-	5	18:17	55.13	5:54:31	6:25	2	5:49	28	
Finsterbergen	22.03	2:48:48	7:39	3	8:23	8	26:17	77.16	8:43:19	6:46	2	0:03	27	
Fröttstädt	22.84	2:58:17	7:48	4	11:18	9	29:46	100.00	11:41:36	7:00	2	3:08	7	1:38:26