



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Hansen, Heidrun

Club: Laufsohle
Number: 278

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 11:57:53

Speed: 8.36 km/h
Running performance: 7:11 min/km

Rank in course/Total: 64 (of 272)

Rank in course/Women: 8 (of 40)

Best time in course: 10:03:10

Rank in category: 3(of 13)

Best time in the category: 11:38:28

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	3:17:59	7:13	6	28:45	14	49:50	27.39	3:17:59	7:13	3	28:45	29	
Floh-Seligenthal	27.74	3:12:30	6:56	6	15:39	12	33:56	55.13	6:30:29	7:04	3	41:47	29	
Finsterbergen	22.03	2:40:25	7:16	1	-	4	17:54	77.16	9:10:54	7:08	3	27:38	28	
Fröttstädt	22.84	2:46:59	7:18	1	-	5	18:28	100.00	11:57:53	7:10	3	19:25	8	1:54:43