



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Röntzsch, Simone

Club: SG Oberlichtenau
Number: 115

Course: 100.00 km
Thüringen Ultra

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 12:07:45

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 73 (of 272)

Rank in course/Women: 9 (of 40)

Best time in course: 10:03:10

Rank in category: 4(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	3:01:50	6:38	3	12:36	9	33:41	27.39	3:01:50	6:38	4	12:36	30	
Floh-Seligenthal	27.74	2:58:40	6:26	2	1:49	6	20:06	55.13	6:00:30	6:32	4	11:48	30	
Finsterbergen	22.03	2:45:01	7:29	2	4:36	6	22:30	77.16	8:45:31	6:48	4	2:15	29	
Fröttstädt	22.84	3:22:14	8:51	7	35:15	15	53:43	100.00	12:07:45	7:16	4	29:17	9	2:04:35