



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

4 aus der Ruhl

Club: 4 aus der Ruhl
Number: 4037

Course: 100.22 km
Staffel 4x25 km

Category:
Frauenstaffel

Total time: 11:47:11

Speed: 8.50 km/h
Running performance: 7:04 min/km

Rank in course: 34 (of 38)

Best time in course: 7:16:12

Rank in category: 5(of 6)

Best time in the category: 9:20:43

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Wechsel 1 Glasb.	27.39	3:01:31	6:37	3	33:02	31	54:10	27.39	3:01:31	6:37	5	33:02	15	11:36
Wechsel 2 Floh-S	27.74	3:24:07	7:21	5	1:13:50	35	1:31:34	55.13	6:25:38	6:59	5	1:24:57	15	31:51
Wechsel 3 Finste	22.03	2:26:31	6:39	5	28:42	34	43:28	77.16	8:52:09	6:53	5	1:53:39	15	36:35
Fröttstädt	23.06	2:55:02	7:35	5	47:07	35	1:22:03	100.22	11:47:11	7:03	5	2:26:28	34	4:30:59