



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Warnstedt, Renate

Club: Triathlon Gera
Number: 279

Course: 100.22 km
Einzellauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 14:05:15

Speed: 7.10 km/h
Running performance: 8:26 min/km

Rank in course/Total: 90 (of 246)

Rank in course/Women: 7 (of 31)

Best time in course: 11:16:52

Rank in category: 1(of 3)

Best time in the category: 14:05:15

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Glasbachwiese	27.39	3:16:06	7:09	1	-	7	35:58	27.39	3:16:06	7:09	1	-	7	35:58
Floh-Seligenthal	27.74	3:16:18	7:04	1	-	7	26:53	55.13	6:32:24	7:07	1	-	7	1:02:51
Finsterbergen	22.03	3:35:11	9:46	2	12:17	10	49:34	77.16	10:07:35	7:52	1	-	7	1:52:25
Fröttstädt	23.06	3:57:40	10:18	2	1:11	10	55:58	100.22	14:05:15	8:26	1	-	7	2:48:23