



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Messerer, Margit

Club: LG Passau  
Number: 208

Course: 100.22 km  
Einzellauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 14:10:18

Speed: 7.06 km/h  
Running performance: 8:29 min/km

Rank in course/Total: 95 (of 246)

Rank in course/Women: 9 (of 31)

Best time in course: 11:16:52

Rank in category: 4(of 12)

Best time in the category: 11:16:52

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	3:46:02	8:15	7	1:05:54	19	1:05:54	27.39	3:46:02	8:15	7	1:05:54	19	1:05:54
Floh-Seligenthal	27.74	3:41:17	7:58	4	51:52	12	51:52	55.13	7:27:19	8:06	4	1:57:46	16	1:57:46
Finsterbergen	22.03	3:12:34	8:44	4	26:57	6	26:57	77.16	10:39:53	8:17	4	2:24:43	10	2:24:43
Fröttstädt	23.06	3:30:25	9:07	2	28:43	4	28:43	100.22	14:10:18	8:29	4	2:53:26	9	2:53:26