



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Cavaleiro, Claudia

Club: OSC Waldniel/100MC
Number: 61

Course: 100.22 km
Einzellauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 14:33:08

Speed: 6.87 km/h
Running performance: 8:43 min/km

Rank in course/Total: 105 (of 246)

Rank in course/Women: 10 (of 31)

Best time in course: 11:16:52

Rank in category: 5(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	3:44:23	8:11	6	1:04:15	18	1:04:15	27.39	3:44:23	8:11	6	1:04:15	18	1:04:15
Floh-Seligenthal	27.74	3:44:14	8:05	5	54:49	13	54:49	55.13	7:28:37	8:08	5	1:59:04	17	1:59:04
Finsterbergen	22.03	3:33:20	9:41	5	47:43	9	47:43	77.16	11:01:57	8:34	5	2:46:47	12	2:46:47
Fröttstädt	23.06	3:31:11	9:09	3	29:29	5	29:29	100.22	14:33:08	8:42	5	3:16:16	10	3:16:16