



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Heinlein, Marika

Club: 1. FC Geesdorf-Nationalteam 24 Std. Lauf
Number: 113

Course: 100.22 km
Einzellauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 15:05:17

Speed: 6.64 km/h
Running performance: 9:02 min/km

Rank in course/Total: 119 (of 246)

Rank in course/Women: 11 (of 31)

Best time in course: 11:16:52

Rank in category: 2(of 8)

Best time in the category: 11:51:26

Intermediate times				Stage score				Total ranking						
Control	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	3:24:09	7:27	3	30:50	11	44:01	27.39	3:24:09	7:27	3	30:50	11	44:01
Floh-Seligenthal	27.74	3:29:48	7:33	2	31:15	10	40:23	55.13	6:53:57	7:30	2	1:02:05	10	1:24:24
Finsterbergen	22.03	3:41:18	10:02	2	47:59	11	55:41	77.16	10:35:15	8:13	2	1:50:04	9	2:20:05
Fröttstädt	23.06	4:30:02	11:42	5	1:23:47	19	1:28:20	100.22	15:05:17	9:01	2	3:13:51	11	3:48:25