



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Köhler, Ines

Club: Dresden
Number: 150

Course: 100.22 km
Einzellauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 16:02:19

Speed: 6.25 km/h
Running performance: 9:36 min/km

Rank in course/Total: 148 (of 246)

Rank in course/Women: 16 (of 31)

Best time in course: 11:16:52

Rank in category: 7(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	3:48:45	8:21	8	1:08:37	20	1:08:37	27.39	3:48:45	8:21	8	1:08:37	20	1:08:37
Floh-Seligenthal	27.74	3:57:04	8:32	7	1:07:39	20	1:07:39	55.13	7:45:49	8:26	7	2:16:16	21	2:16:16
Finsterbergen	22.03	4:11:26	11:24	7	1:25:49	18	1:25:49	77.16	11:57:15	9:17	7	3:42:05	18	3:42:05
Fröttstädt	23.06	4:05:04	10:37	6	1:03:22	11	1:03:22	100.22	16:02:19	9:36	7	4:45:27	16	4:45:27