



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Köhler, Ines

Club: Dresden
Number: 75

Course: 100.20 km
100 Kilometer

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 13:15:03

Speed: 7.55 km/h
Running performance: 7:56 min/km

Rank in course/Total: 95 (of 216)
Rank in course/Women: 11 (of 35)
Best time in course: 9:56:00

Rank in category: 5(of 7)
Best time in the category: 10:34:01

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	27.00	3:36:29	8:01	5	57:49	16	1:02:43	27.00	3:36:29	8:01	5	57:49	16	1:02:43
Floh-Seligenthal	27.00	3:31:31	7:50	5	36:36	14	55:38	54.00	7:08:00	7:55	5	1:34:25	13	1:58:21
Finsterbergen	22.00	3:07:55	8:32	5	36:58	13	46:37	76.00	10:15:55	8:06	5	2:11:23	11	2:44:58
Prefinish	23.70	2:57:50	7:30	4	29:37	9	33:58	99.70	13:13:45	7:57	5	2:41:00	11	3:18:56
Fröttstädt	0.50	1:18	2:36	2	0:02	7	0:08	100.20	13:15:03	7:56	5	2:41:02	11	3:19:03