



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

Detailed evaluation

Rebenstorf, Sandra

Club: Altenholz

Number: 29

Course: 100.20 km

100 Kilometer

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 13:48:00

Speed: 7.25 km/h

Running performance: 8:16 min/km

Rank in course/Total: 119 (of 216)

Rank in course/Women: 18 (of 35)

Best time in course: 9:56:00

Rank in category: 2(of 7)

Best time in the category: 12:42:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	3:27:39	7:41	1	-	10	53:53	27.00	3:27:39	7:41	1	-	10	53:53
Floh-Seligenthal	27.00	3:40:23	8:09	2	11:00	21	1:04:30	54.00	7:08:02	7:55	1	-	15	1:58:23
Finsterbergen	22.00	3:24:55	9:18	3	25:35	22	1:03:37	76.00	10:32:57	8:19	2	15:52	18	3:02:00
Prefinish	23.70	3:13:42	8:10	2	49:32	18	49:50	99.70	13:46:39	8:17	2	1:05:24	18	3:51:50
Fröttstädt	0.50	1:21	2:42	2	0:11	11	0:11	100.20	13:48:00	8:15	2	1:05:35	18	3:52:00