



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Michel, Susanne

Club: Soulrunner  
Number: 215

Course: 100.20 km  
100 Kilometer

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 15:54:30

Speed: 6.29 km/h  
Running performance: 9:32 min/km

Rank in course/Total: 181 (of 216)

Rank in course/Women: 30 (of 35)

Best time in course: 9:56:00

Rank in category: 4(of 7)

Best time in the category: 12:42:25

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Glasbachwiese	27.00	4:03:29	9:01	5	35:50	30	1:29:43	27.00	4:03:29	9:01	5	35:50	30	1:29:43
Floh-Seligenthal	27.00	4:09:43	9:14	4	40:20	31	1:33:50	54.00	8:13:12	9:07	5	1:05:10	32	3:03:33
Finsterbergen	22.00	3:47:35	10:20	4	48:15	27	1:26:17	76.00	12:00:47	9:29	4	1:43:42	31	4:29:50
Prefinish	23.70	3:51:38	9:46	4	1:27:28	27	1:27:46	99.70	15:52:25	9:33	4	3:11:10	30	5:57:36
Fröttstädt	0.50	2:05	4:10	5	0:55	30	0:55	100.20	15:54:30	9:31	4	3:12:05	30	5:58:30