



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

Detailed evaluation

Martin, Alexandra

Club: TSV Prichsenstadt
Number: 1090

Course: 160.00 km
100 Meilen

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 26:20:45

Speed: 6.07 km/h
Running performance: 9:53 min/km

Rank in course/Total: 61 (of 108)

Rank in course/Women: 6 (of 10)

Best time in course: 21:35:30

Rank in category: 2(of 2)

Best time in the category: 21:35:30

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
Hörselberg	42.50	5:32:13	7:49	2	51:47	6	1:01:03	42.50	5:32:13	7:49	3	51:47	10	1:01:03
Sontra	27.50	5:06:56	11:09	2	46:40	5	46:40	70.00	10:39:09	9:07	3	1:38:27	9	1:38:27
Glasbachwiese	17.00	3:27:21	12:11	2	44:18	7	44:18	87.00	14:06:30	9:43	3	2:22:45	10	2:22:45
Gensberg/Brotterode	13.00	2:51:32	13:11	2	40:36	7	42:24	100.00	16:58:02	10:10	3	3:03:21	9	3:03:21
Floh-Seligenthal	14.00	1:28:05	6:17	2	8:30	3	8:30	114.00	18:26:07	9:42	3	3:11:51	9	3:11:51
Finsterbergen	22.00	3:51:25	10:31	2	39:35	5	39:35	136.00	22:17:32	9:50	3	3:51:26	8	3:51:26
Prefinish	23.50	4:01:39	10:16	2	53:48	6	53:48	159.50	26:19:11	9:54	3	4:45:14	8	4:45:14
Fröttstädt	0.50	1:34	3:07	2	0:01	4	0:09	160.00	26:20:45	9:52	2	4:45:15	6	4:45:15