



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Welt, Heidi

Club: Bergenweiler  
Number: 82

Course: 100.20 km  
100 Kilometer

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 16:35:07

Speed: 6.03 km/h  
Running performance: 9:56 min/km

Rank in course/Total: 191 (of 216)

Rank in course/Women: 32 (of 35)

Best time in course: 9:56:00

Rank in category: 7(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	3:56:53	8:46	6	1:18:13	28	1:23:07	27.00	3:56:53	8:46	6	1:18:13	28	1:23:07
Floh-Seligenthal	27.00	3:56:13	8:44	7	1:01:18	28	1:20:20	54.00	7:53:06	8:45	6	2:19:31	26	2:43:27
Finsterbergen	22.00	4:05:19	11:09	7	1:34:22	31	1:44:01	76.00	11:58:25	9:27	7	3:53:53	29	4:27:28
Prefinish	23.70	4:34:03	11:33	7	2:05:50	31	2:10:11	99.70	16:32:28	9:57	7	5:59:43	32	6:37:39
Fröttstädt	0.50	2:39	5:17	7	1:23	31	1:29	100.20	16:35:07	9:55	7	6:01:06	32	6:39:07