



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

DONIG, Silke

Club: Power PauSi für die Liebe
Number: 14

Course: 100.20 km
100 Kilometer

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 12:28:23

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 86 (of 254)

Rank in course/Women: 8 (of 43)

Best time in course: 11:00:02

Rank in category: 1(of 5)

Best time in the category: 12:28:23

Intermediate times				Stage score				Total ranking						
Control	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	3:11:50	7:06	2	8:08	10	20:22	27.00	3:11:50	7:06	2	8:08	10	20:22
Floh-Seligenthal	49.00	6:20:21	7:45	1	-	11	43:01	76.00	9:32:11	7:31	1	-	9	1:03:23
Fröttstädt	24.20	2:56:12	7:16	1	-	6	32:17	100.20	12:28:23	7:28	1	-	8	1:28:21