



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: 8.02 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 | 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 | 3:11:50 | 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 |