



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Hadbawnik, Iris

Club: UltraRunners.de  
Number: 154

Course: 100.22 km  
100 Kilometer

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 13:44:02

Speed: 7.30 km/h  
Running performance: 8:13 min/km

Rank in course/Total: 145 (of 248)

Rank in course/Women: 21 (of 45)

Best time in course: 10:31:06

Rank in category: 7(of 14)

Best time in the category: 10:31:06

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	27.39	3:32:50	7:46	7	52:10	21	52:10	27.39	3:32:50	7:46	7	52:10	21	52:10
Floh-Seligenthal	27.74	3:36:01	7:47	7	47:28	23	47:28	55.13	7:08:51	7:46	8	1:39:38	24	1:39:38
Finsterbergen	22.03	3:19:47	9:04	7	51:18	23	51:18	77.16	10:28:38	8:08	7	2:30:56	23	2:30:56
Fröttstädt	23.06	3:15:24	8:28	5	42:00	14	48:57	100.22	13:44:02	8:13	7	3:12:56	21	3:12:56