



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Malgorzata, Kowalska

Club: Warszawa  
Number: 27

Course: 100.22 km  
100 Kilometer

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 14:45:51

Speed: 6.79 km/h  
Running performance: 8:50 min/km

Rank in course/Total: 182 (of 248)

Rank in course/Women: 31 (of 45)

Best time in course: 10:31:06

Rank in category: 9(of 14)

Best time in the category: 10:31:06

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	27.39	3:19:10	7:16	5	38:30	13	38:30	27.39	3:19:10	7:16	5	38:30	13	38:30
Floh-Seligenthal	27.74	3:42:43	8:01	9	54:10	28	54:10	55.13	7:01:53	7:39	6	1:32:40	21	1:32:40
Finsterbergen	22.03	3:38:06	9:54	9	1:09:37	30	1:09:37	77.16	10:39:59	8:17	8	2:42:17	25	2:42:17
Fröttstädt	23.06	4:05:52	10:39	11	1:32:28	39	1:39:25	100.22	14:45:51	8:50	9	4:14:45	31	4:14:45