



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Ostapenko, Tanya

Club: ASFM Göttingen/Marathon Maniacs
Number: 43

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 15:02:45

Speed: 6.65 km/h
Running performance: 9:01 min/km

Rank in course/Total: 192 (of 248)

Rank in course/Women: 33 (of 45)

Best time in course: 10:31:06

Rank in category: 2(of 3)

Best time in the category: 14:24:27

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	3:43:29	8:09	2	8:24	29	1:02:49	27.39	3:43:29	8:09	2	8:24	29	1:02:49
Floh-Seligenthal	27.74	3:53:45	8:25	3	11:37	35	1:05:12	55.13	7:37:14	8:17	2	20:01	33	2:08:01
Finsterbergen	22.03	3:38:41	9:55	2	14:08	31	1:10:12	77.16	11:15:55	8:45	2	34:09	33	3:18:13
Fröttstädt	23.06	3:46:50	9:50	2	4:09	32	1:20:23	100.22	15:02:45	9:00	2	38:18	33	4:31:39