



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Donig, Silke

Club: Wir sagen JA zur Liebe
Number: 21

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 13:04:35

Speed: 7.65 km/h
Running performance: 7:50 min/km

Rank in course/Total: 97 (of 246)

Rank in course/Women: 9 (of 35)

Best time in course: 11:06:18

Rank in category: 1(of 1)

Best time in the category: 13:04:35

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	3:21:24	7:21	1	-	12	25:06	27.39	3:21:24	7:21	1	-	12	25:06
Floh-Seligenthal	27.74	3:27:18	7:28	1	-	15	34:52	55.13	6:48:42	7:24	1	-	12	59:58
Finsterbergen	22.03	3:05:52	8:26	1	-	8	31:04	77.16	9:54:34	7:42	1	-	11	1:24:48
Fröttstädt	23.06	3:10:01	8:14	1	-	7	33:29	100.22	13:04:35	7:49	1	-	9	1:58:17