



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Martin, Alexandra

Club: TSV Prichsenstadt
Number: 89

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 13:39:18

Speed: 7.32 km/h
Running performance: 8:11 min/km

Rank in course/Total: 122 (of 246)

Rank in course/Women: 12 (of 35)

Best time in course: 11:06:18

Rank in category: 4(of 11)

Best time in the category: 11:38:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Glasbachwiese	27.39	3:27:31	7:34	5	31:13	18	31:13	27.39	3:27:31	7:34	5	31:13	18	31:13
Floh-Seligenthal	27.74	3:44:00	8:04	6	51:34	22	51:34	55.13	7:11:31	7:49	6	1:22:47	20	1:22:47
Finsterbergen	22.03	3:09:33	8:36	5	23:19	12	34:45	77.16	10:21:04	8:02	6	1:46:06	17	1:51:18
Fröttstädt	23.06	3:18:14	8:35	5	26:57	10	41:42	100.22	13:39:18	8:10	4	2:01:10	12	2:33:00