



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Stelling, Nicola

Club: Ultrafriesen e.V.
Number: 34

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 14:14:20

Speed: 7.02 km/h
Running performance: 8:31 min/km

Rank in course/Total: 142 (of 246)

Rank in course/Women: 18 (of 35)

Best time in course: 11:06:18

Rank in category: 3(of 6)

Best time in the category: 11:27:28

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	3:29:48	7:39	3	29:35	19	33:30	27.39	3:29:48	7:39	3	29:35	19	33:30
Floh-Seligenthal	27.74	3:32:48	7:40	3	35:10	17	40:22	55.13	7:02:36	7:39	3	1:04:45	19	1:13:52
Finsterbergen	22.03	3:26:41	9:22	4	43:31	19	51:53	77.16	10:29:17	8:09	3	1:48:16	18	1:59:31
Fröttstädt	23.06	3:45:03	9:45	4	58:36	22	1:08:31	100.22	14:14:20	8:31	3	2:46:52	18	3:08:02