



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Pawzik, Heike

Club: DUV

Number: 11

Course: 100.22 km

100 Kilometer

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 14:48:40

Speed: 6.75 km/h

Running performance: 8:52 min/km

Rank in course/Total: 173 (of 246)

Rank in course/Women: 24 (of 35)

Best time in course: 11:06:18

Rank in category: 7(of 11)

Best time in the category: 11:06:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Glasbachwiese	27.39	3:48:11	8:19	9	45:42	28	51:53	27.39	3:48:11	8:19	9	45:42	28	51:53
Floh-Seligenthal	27.74	3:53:46	8:25	10	1:01:17	31	1:01:20	55.13	7:41:57	8:22	10	1:46:59	30	1:53:13
Finsterbergen	22.03	3:34:11	9:43	5	59:23	23	59:23	77.16	11:16:08	8:45	7	2:46:22	25	2:46:22
Fröttstädt	23.06	3:32:32	9:12	5	56:00	17	56:00	100.22	14:48:40	8:52	7	3:42:22	24	3:42:22