



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Rillig, Pamela

Club: Berlin
Number: 132

Course: 100.22 km
100 Kilometer

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 16:11:05

Speed: 6.18 km/h
Running performance: 9:41 min/km

Rank in course/Total: 202 (of 246)

Rank in course/Women: 29 (of 35)

Best time in course: 11:06:18

Rank in category: 10(of 11)

Best time in the category: 11:38:08

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	3:55:52	8:36	10	59:34	32	59:34	27.39	3:55:52	8:36	10	59:34	32	59:34
Floh-Seligenthal	27.74	3:52:17	8:22	10	59:51	30	59:51	55.13	7:48:09	8:29	10	1:59:25	31	1:59:25
Finsterbergen	22.03	3:54:44	10:39	10	1:08:30	30	1:19:56	77.16	11:42:53	9:06	10	3:07:55	31	3:13:07
Fröttstädt	23.06	4:28:12	11:37	11	1:36:55	31	1:51:40	100.22	16:11:05	9:41	10	4:32:57	29	5:04:47