



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Ostapenko, Tanya

Club: ASFM Göttingen/Marathon Maniacs  
Number: 69

Course: 100.22 km  
100 Kilometer

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 12:46:45

Speed: 7.84 km/h  
Running performance: 7:39 min/km

Rank in course/Total: 88 (of 246)

Rank in course/Women: 8 (of 35)

Best time in course: 11:06:18

Rank in category: 1(of 1)

Best time in the category: 12:46:45

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	3:06:55	6:49	1	-	6	10:37	27.39	3:06:55	6:49	1	-	6	10:37
Floh-Seligenthal	27.74	3:17:00	7:06	1	-	9	24:34	55.13	6:23:55	6:57	1	-	6	35:11
Finsterbergen	22.03	3:03:48	8:20	1	-	7	29:00	77.16	9:27:43	7:21	1	-	5	57:57
Fröttstädt	23.06	3:19:02	8:37	1	-	11	42:30	100.22	12:46:45	7:39	1	-	8	1:40:27