



14. thüringen ULTRA  
Fröttstädt / 02.07.2022

Detailed evaluation

**Katrin Grieger**

Club: Legion of Pain  
Number: 48

Course: 100.22 km  
100 Kilometer

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 11:20:25

Speed: 8.82 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 35 (of 187)

Rank in course/Women: 1 (of 28)

Best time in course: 11:20:25

Rank in category: 1(of 6)

Best time in the category: 11:20:25

Control	Intermediate times			Stage score				Total ranking						
	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	27.00	3:01:10	6:42	1	-	1	-	27.00	3:01:10	6:42	1	-	1	-
Floh-Seligenthal	27.00	3:06:56	6:55	1	-	3	4:45	54.00	6:08:06	6:49	1	-	1	-
Finsterbergen	22.00	2:33:06	6:57	1	-	1	-	76.00	8:41:12	6:51	1	-	1	-
Finish	24.22	2:39:13	6:34	1	-	1	-	100.22	11:20:25	6:47	1	-	1	-