



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Katrin Grieger

Number: 1

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W45 (45-49)

Total time: 11:51:31

Speed: 8.43 km/h

Running performance: 7:06 min/km

Rank in course/Total: 26 (of 153)

Rank in course/Women: 3 (of 35)

Best time in course: 10:52:44

Rank in category: 1(of 6)

Best time in the category: 11:51:31

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Glasbachwiese	27.00	2:57:54	6:35	1	-	3	6:49	27.00	2:57:54	6:35	1	-	3	6:49
Floh-Seligenthal	27.00	3:13:43	7:10	2	7:23	7	17:58	54.00	6:11:37	6:52	1	-	3	24:47
Finsterbergen	22.00	2:48:12	7:38	1	-	4	11:46	76.00	8:59:49	7:06	1	-	3	36:33
Fröttstädt	24.00	2:51:42	7:09	1	-	4	2:51:42	100.00	11:51:31	7:06	1	-	3	58:47