



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Claudia Herms

Club: raketengang
Number: 109

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W45 (45-49)

Total time: 12:18:41

Speed: 8.12 km/h
Running performance: 7:23 min/km

Rank in course/Total: 35 (of 153)

Rank in course/Women: 5 (of 35)

Best time in course: 10:52:44

Rank in category: 2(of 6)

Best time in the category: 11:51:31

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	27.00	3:09:07	7:00	2	11:13	6	18:02	27.00	3:09:07	7:00	2	11:13	6	18:02
Floh-Seligenthal	27.00	3:06:20	6:54	1	-	3	10:35	54.00	6:15:27	6:57	2	3:50	4	28:37
Finsterbergen	22.00	2:57:21	8:03	2	9:09	6	20:55	76.00	9:12:48	7:16	2	12:59	5	49:32
Fröttstädt	24.00	3:05:53	7:44	2	14:11	10	3:05:53	100.00	12:18:41	7:23	2	27:10	5	1:25:57