



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Uta Damm

Number: 8

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W50 (50-54)

Total time: 13:36:01

Speed: 7.35 km/h

Running performance: 8:09 min/km

Rank in course/Total: 82 (of 153)

Rank in course/Women: 16 (of 35)

Best time in course: 10:52:44

Rank in category: 4(of 14)

Best time in the category: 12:39:45

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	27.00	3:28:23	7:43	5	14:39	21	37:18	27.00	3:28:23	7:43	5	14:39	21	37:18
Floh-Seligenthal	27.00	3:32:59	7:53	5	17:09	18	37:14	54.00	7:01:22	7:48	5	31:32	19	1:14:32
Finsterbergen	22.00	3:11:59	8:43	3	10:20	13	35:33	76.00	10:13:21	8:04	5	41:52	18	1:50:05
Fröttstädt	24.00	3:22:40	8:26	6	14:24	20	3:22:40	100.00	13:36:01	8:09	4	56:16	16	2:43:17