



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ilona Schäkel

Club: LG Hundelunge
Number: 85

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W50 (50-54)

Total time: 13:36:17

Speed: 7.35 km/h
Running performance: 8:09 min/km

Rank in course/Total: 84 (of 153)

Rank in course/Women: 18 (of 35)

Best time in course: 10:52:44

Rank in category: 5(of 14)

Best time in the category: 12:39:45

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	3:27:01	7:40	4	13:17	19	35:56	27.00	3:27:01	7:40	4	13:17	19	35:56
Floh-Seligenthal	27.00	3:26:36	7:39	3	10:46	13	30:51	54.00	6:53:37	7:39	4	23:47	16	1:06:47
Finsterbergen	22.00	3:17:32	8:58	4	15:53	17	41:06	76.00	10:11:09	8:02	4	39:40	16	1:47:53
Fröttstädt	24.00	3:25:08	8:32	7	16:52	21	3:25:08	100.00	13:36:17	8:09	5	56:32	18	2:43:33