



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Lore Steiner

Club: LG Mauerweg Berlin e.V.
Number: 32

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W50 (50-54)

Total time: 14:33:28

Speed: 6.87 km/h
Running performance: 8:44 min/km

Rank in course/Total: 110 (of 153)

Rank in course/Women: 23 (of 35)

Best time in course: 10:52:44

Rank in category: 7(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	3:50:36	8:32	10	36:52	28	59:31	27.00	3:50:36	8:32	10	36:52	28	59:31
Floh-Seligenthal	27.00	3:46:11	8:22	7	30:21	23	50:26	54.00	7:36:47	8:27	7	1:06:57	24	1:49:57
Finsterbergen	22.00	3:26:45	9:23	7	25:06	21	50:19	76.00	11:03:32	8:43	7	1:32:03	24	2:40:16
Fröttstädt	24.00	3:29:56	8:44	8	21:40	24	3:29:56	100.00	14:33:28	8:44	7	1:53:43	23	3:40:44