



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Carola Gasa

Club: SV Mihla  
Number: 164

Course: 100.00 km  
100 Kilometer

Category:  
Seniorinnen W60 (60-64)

Total time: 12:03:45

Speed: 8.29 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 33 (of 153)

Rank in course/Women: 4 (of 35)

Best time in course: 10:52:44

Rank in category: 1(of 1)

Best time in the category: 12:03:45

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	3:11:32	7:05	1	-	7	20:27	27.00	3:11:32	7:05	1	-	7	20:27
Floh-Seligenthal	27.00	3:11:36	7:05	1	-	5	15:51	54.00	6:23:08	7:05	1	-	5	36:18
Finsterbergen	22.00	2:47:53	7:37	1	-	3	11:27	76.00	9:11:01	7:15	1	-	4	47:45
Fröttstädt	24.00	2:52:44	7:11	1	-	5	2:52:44	100.00	12:03:45	7:14	1	-	4	1:11:01