



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Tanya Ostapenko

Club: ASFM Göttingen / 100 MC  
Number: 1035

Course: 160.00 km  
100 Meilen

Category:  
Seniorinnen W35 (35-39) M

Total time: 28:22:43

Speed: 5.64 km/h  
Running performance: 10:38 min/km

Rank in course/Total: 51 (of 70)

Rank in course/Women: 5 (of 7)

Best time in course: 22:49:42

Rank in category: 1(of 1)

Best time in the category: 28:22:43

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
Hörselberg	42.00	5:53:04	8:24	1	-	7	1:18:39	42.00	5:53:04	8:24	1	-	7	1:18:39
Sondra	28.00	6:52:58	14:44	1	-	7	2:35:52	70.00	12:46:02	10:56	1	-	7	3:54:31
Glasbachwiese	17.00	3:08:23	11:04	1	-	6	38:10	87.00	15:54:25	10:58	1	-	6	4:32:41
Floh-Seligenthal	27.00	4:24:16	9:47	1	-	5	33:17	114.00	20:18:41	10:41	1	-	5	5:05:58
Finsterbergen	24.00	4:11:00	10:27	1	-	5	45:55	138.00	24:29:41	10:38	1	-	5	5:20:32
Fröttstädt	22.00	3:53:02	10:35	1	-	4	20:12	160.00	28:22:43	10:38	1	-	5	5:33:01