



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Nicole Kresse

Club: LG Ultralauf
Number: 1004

Course: 160.00 km
100 Meilen

Category:
Seniorinnen W50 (50-54) M

Total time: 23:40:35

Speed: 6.76 km/h
Running performance: 8:52 min/km

Rank in course/Total: 26 (of 70)

Rank in course/Women: 2 (of 7)

Best time in course: 22:49:42

Rank in category: 1(of 4)

Best time in the category: 23:40:35

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
Hörselberg	42.00	4:48:08	6:51	1	-	2	13:43	42.00	4:48:08	6:51	1	-	2	13:43
Sondra	28.00	4:25:40	9:29	1	-	2	8:34	70.00	9:13:48	7:54	1	-	2	22:17
Glasbachwiese	17.00	2:48:09	9:53	1	-	2	17:56	87.00	12:01:57	8:17	1	-	2	40:13
Floh-Seligenthal	27.00	4:05:35	9:05	1	-	2	14:36	114.00	16:07:32	8:29	1	-	2	54:49
Finsterbergen	24.00	3:43:13	9:18	2	18:08	2	18:08	138.00	19:50:45	8:37	1	-	2	41:36
Fröttstädt	22.00	3:49:50	10:26	2	17:00	3	17:00	160.00	23:40:35	8:52	1	-	2	50:53