



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Anabel Grunwald

Club: ASG Tria Hockenheim  
Number: 138

Course: 100.00 km  
100 Kilometer

Category:  
Frauen (20-29 Jahre)

Total time: 17:39:07

Speed: 5.67 km/h  
Running performance: 10:35 min/km

Rank in course/Total: 142 (of 153)

Rank in course/Women: 33 (of 35)

Best time in course: 10:52:44

Rank in category: 2(of 3)

Best time in the category: 13:36:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	4:10:31	9:16	3	1:03:48	33	1:19:26	27.00	4:10:31	9:16	3	1:03:48	33	1:19:26
Floh-Seligenthal	27.00	4:54:08	10:53	3	1:26:50	32	1:58:23	54.00	9:04:39	10:05	3	2:30:38	33	3:17:49
Finsterbergen	22.00	4:12:34	11:28	3	1:01:29	33	1:36:08	76.00	13:17:13	10:29	3	3:17:47	34	4:53:57
Fröttstädt	24.00	4:21:54	10:54	3	4:21:54	33	4:21:54	100.00	17:39:07	10:35	2	4:03:05	33	6:46:23