



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Nadja Koch

Club: SCC Scharmede  
Number: 215

Course: 100.00 km  
100 Kilometer

Category:  
Seniorinnen W40 (40-44)

Total time: 9:39:32

Speed: 10.35 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 8 (of 195)

Rank in course/Women: 1 (of 39)

Best time in course: 9:39:32

Rank in category: 1(of 4)

Best time in the category: 9:39:32

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
Glasbachwiese	27.00	fehlt!	-	-	-	-	-	27.00	-	-	-	-	-	-
Floh-Seligenthal	27.00	5:05:18	11:18	4	1:32:41	39	2:18:29	54.00	5:05:18	5:39	1	-	1	-
Finsterbergen	22.00	2:15:03	6:08	1	-	1	-	76.00	7:20:21	5:47	1	-	1	-
Waltershausen	19.00	1:53:42	5:59	1	-	1	-	95.00	9:14:03	5:49	1	-	1	-
Fröttstädt	5.00	25:29	5:05	1	-	2	1:43	100.00	9:39:32	5:47	1	-	1	-