



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Tanya Ostapenko

Club: ASFM Göttingen / 100 MC  
Number: 44

Course: 100.00 km  
100 Kilometer

Category:  
Seniorinnen W40 (40-44)

Total time: 13:31:28

Speed: 7.39 km/h  
Running performance: 8:06 min/km

Rank in course/Total: 81 (of 195)

Rank in course/Women: 15 (of 39)

Best time in course: 9:39:32

Rank in category: 2(of 4)

Best time in the category: 9:39:32

Intermediate times

Stage score

Total ranking

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	3:27:48	7:41	2	12:43	20	40:43	27.00	3:27:48	7:41	2	12:43	20	40:43
Floh-Seligenthal	27.00	3:32:37	7:52	1	-	19	45:48	54.00	7:00:25	7:47	3	1:55:07	20	1:55:07
Finsterbergen	22.00	3:24:03	9:16	3	1:09:00	18	1:09:00	76.00	10:24:28	8:13	3	3:04:07	19	3:04:07
Waltershausen	19.00	2:33:28	8:04	2	39:46	8	39:46	95.00	12:57:56	8:11	2	3:43:53	14	3:43:53
Fröttstädt	5.00	33:32	6:42	2	8:03	15	9:46	100.00	13:31:28	8:06	2	3:51:56	15	3:51:56