



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Claudia Vonau

Club: PSV Bochum
Number: 102

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W45 (45-49)

Total time: 13:46:00

Speed: 7.26 km/h
Running performance: 8:15 min/km

Rank in course/Total: 96 (of 195)

Rank in course/Women: 19 (of 39)

Best time in course: 9:39:32

Rank in category: 4(of 6)

Best time in the category: 10:49:40

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	3:25:14	7:36	4	38:09	15	38:09	27.00	3:25:14	7:36	4	38:09	15	38:09
Floh-Seligenthal	27.00	3:31:42	7:50	4	37:35	18	44:53	54.00	6:56:56	7:43	4	1:15:44	18	1:51:38
Finsterbergen	22.00	3:22:12	9:11	4	50:13	16	1:07:09	76.00	10:19:08	8:08	4	2:05:57	17	2:58:47
Waltershausen	19.00	2:53:16	9:07	4	43:27	20	59:34	95.00	13:12:24	8:20	4	2:49:24	19	3:58:21
Fröttstädt	5.00	33:36	6:43	4	6:56	17	9:50	100.00	13:46:00	8:15	4	2:56:20	19	4:06:28