



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Tatjana Diekmann

Club: Helios  
Number: 47

Course: 100.00 km  
100 Kilometer

Category:  
Seniorinnen W55 (55-59)

Total time: 13:30:59

Speed: 7.40 km/h  
Running performance: 8:06 min/km

Rank in course/Total: 80 (of 195)  
Rank in course/Women: 14 (of 39)  
Best time in course: 9:39:32

Rank in category: 4(of 7)  
Best time in the category: 11:02:40

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	3:24:00	7:33	4	29:37	14	36:55	27.00	3:24:00	7:33	4	29:37	14	36:55
Floh-Seligenthal	27.00	3:28:56	7:44	5	42:07	15	42:07	54.00	6:52:56	7:38	4	1:11:44	15	1:47:38
Finsterbergen	22.00	3:18:57	9:02	4	37:26	14	1:03:54	76.00	10:11:53	8:03	5	1:49:10	15	2:51:32
Waltershausen	19.00	2:46:06	8:44	4	32:22	14	52:24	95.00	12:57:59	8:11	4	2:21:32	15	3:43:56
Fröttstädt	5.00	33:00	6:35	3	6:47	14	9:14	100.00	13:30:59	8:06	4	2:28:19	14	3:51:27