



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

### Detailed evaluation

**Beidl, Sonja**

Club: SC Steinberg  
Number: 200

Course: 100.00 km  
Thüringen Ultra

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 13:53:09

Speed: 7.20 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 155 (of 272)

Rank in course/Women: 19 (of 40)

Best time in course: 10:03:10

Rank in category: 8(of 14)

Best time in the category: 10:03:10

Intermediate times				Stage score				Total ranking						
Control	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	27.39	3:33:41	7:48	9	1:05:32	23	1:05:32	27.39	3:33:41	7:48	9	1:05:32	5	11:30
Floh-Seligenthal	27.74	3:24:05	7:21	7	45:31	16	45:31	55.13	6:57:46	7:34	9	1:51:03	11	
Finsterbergen	22.03	3:29:41	9:31	9	1:07:10	26	1:07:10	77.16	10:27:27	8:07	9	2:52:48	11	
Fröttstädt	22.84	3:25:42	9:00	8	57:11	18	57:11	100.00	13:53:09	8:19	8	3:49:59	19	3:49:59