



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Malig, Ralf

Club: Bowlingclub Senftenberg
Number: 100

Course: 100.22 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:01:38

Speed: 7.69 km/h
Running performance: 7:48 min/km

Rank in course/Total: 108 (of 191)

Rank in course/Men: 101 (of 175)

Best time in course: 8:42:52

Rank in category: 22(of 34)

Best time in the category: 10:16:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:44:31	6:00	4	9:23	33	23:11	27.39	2:44:31	6:00	6		107	
Floh-Seligenthal	27.74	3:00:59	6:31	14	25:50	73	44:22	55.13	5:45:30	6:16	6		106	4:36
Finsterbergen	22.03	3:30:17	9:32	29	1:07:03	137	1:33:18	77.16	9:15:47	7:12	6		102	2:40:49
Fröttstädt	23.06	3:45:51	9:47	30	1:17:15	143	1:44:26	100.22	13:01:38	7:47	22	2:45:24	101	4:18:46