



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Giese, Kay

Club: Post SV Buxtehude
Number: 75

Course: 100.22 km
Thüringen Ultra

Category:
Männer M40

Total time: 13:05:28

Speed: 7.64 km/h
Running performance: 7:50 min/km

Rank in course/Total: 111 (of 191)

Rank in course/Men: 104 (of 175)

Best time in course: 8:42:52

Rank in category: 21(of 25)

Best time in the category: 9:11:58

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	2:59:17	6:32	14	32:31	76	37:57	27.39	2:59:17	6:32	4			110
Floh-Seligenthal	27.74	3:16:54	7:05	20	57:56	104	1:00:17	55.13	6:16:11	6:49	4	7:59	109	35:17
Finsterbergen	22.03	3:18:56	9:01	22	1:05:36	121	1:21:57	77.16	9:35:07	7:27	4	38:40	105	3:00:09
Fröttstädt	23.06	3:30:21	9:07	20	1:19:14	131	1:28:56	100.22	13:05:28	7:50	21	3:53:30	104	4:22:36