



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig
Number: 36

Course: 100.22 km
Thüringen Ultra

Category:
Männer M50

Total time: 13:06:24

Speed: 7.63 km/h
Running performance: 7:51 min/km

Rank in course/Total: 112 (of 191)

Rank in course/Men: 105 (of 175)

Best time in course: 8:42:52

Rank in category: 24(of 34)

Best time in the category: 10:16:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:32:18	7:45	30	57:10	147	1:10:58	27.39	3:32:18	7:45	8	19:44	111	4:34
Floh-Seligenthal	27.74	3:18:45	7:09	23	43:36	108	1:02:08	55.13	6:51:03	7:27	8	14:00	110	1:10:09
Finsterbergen	22.03	3:20:12	9:05	24	56:58	125	1:23:13	77.16	10:11:15	7:55	8	20:25	106	3:36:17
Fröttstädt	23.06	2:55:09	7:35	14	26:33	82	53:44	100.22	13:06:24	7:50	24	2:50:10	105	4:23:32