



## Detailed evaluation

albrecht, stefan

Club: sv emsetal  
Number: 147

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 13:07:35

Speed: 7.62 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 113 (of 191)

Rank in course/Men: 106 (of 175)

Best time in course: 8:42:52

Rank in category: 28(of 43)

Best time in the category: 9:44:22

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Glasbachwiese	27.39	3:36:02	7:53	35	149	1:08:58	1:14:42	27.39	3:36:02	7:53	7		112	8:18
Floh-Seligenthal	27.74	3:30:30	7:35	31	122	1:04:17	1:13:53	55.13	7:06:32	7:44	7		111	1:25:38
Finsterbergen	22.03	3:07:02	8:29	27	96	54:57	1:10:03	77.16	10:13:34	7:57	7		107	3:38:36
Fröttstädt	23.06	2:54:01	7:32	23	79	44:11	52:36	100.22	13:07:35	7:51	28	3:23:13	106	4:24:43