



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Jansen, Rolf

Club: MPS

Number: 109

Course: 100.22 km

Thüringen Ultra

Category:

Männer M35

Total time: 13:50:51

Speed: 7.22 km/h

Running performance: 8:17 min/km

Rank in course/Total: 144 (of 191)

Rank in course/Men: 133 (of 175)

Best time in course: 8:42:52

Rank in category: 15(of 20)

Best time in the category: 8:42:52

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	3:19:32	7:17	16	58:10	114	58:12	27.39	3:19:32	7:17	6	11:41	139	
Floh-Seligenthal	27.74	3:35:13	7:45	16	1:18:36	134	1:18:36	55.13	6:54:45	7:31	6	50:00	138	1:13:51
Finsterbergen	22.03	3:13:54	8:48	13	1:16:55	113	1:16:55	77.16	10:08:39	7:53	6	1:26:29	134	3:33:41
Fröttstädt	23.06	3:42:12	9:38	16	1:40:47	139	1:40:47	100.22	13:50:51	8:17	15	5:07:59	133	5:07:59