



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Süßmann, Jörg

Club: Running TV Bedburg
Number: 183

Course: 100.22 km
Thüringen Ultra

Category:
Männer M45

Total time: 13:51:43

Speed: 7.21 km/h
Running performance: 8:18 min/km

Rank in course/Total: 145 (of 191)

Rank in course/Men: 134 (of 175)

Best time in course: 8:42:52

Rank in category: 32(of 43)

Best time in the category: 9:44:22

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	3:38:42	7:59	36	1:11:38	155	1:17:22	27.39	3:38:42	7:59	11		140	10:58
Floh-Seligenthal	27.74	3:28:28	7:30	30	1:02:15	119	1:11:51	55.13	7:07:10	7:44	11		139	1:26:16
Finsterbergen	22.03	3:27:00	9:23	33	1:14:55	132	1:30:01	77.16	10:34:10	8:13	11		135	3:59:12
Fröttstädt	23.06	3:17:33	8:34	31	1:07:43	114	1:16:08	100.22	13:51:43	8:17	32	4:07:21	134	5:08:51