



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Häger, Sven-Eric

Club: KNBLO-Niederlande
Number: 9

Course: 100.22 km
Thüringen Ultra

Category:
Männer M45

Total time: 14:18:21

Speed: 6.99 km/h
Running performance: 8:34 min/km

Rank in course/Total: 150 (of 191)

Rank in course/Men: 138 (of 175)

Best time in course: 8:42:52

Rank in category: 33(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	3:29:27	7:38	33	1:02:23	142	1:08:07	27.39	3:29:27	7:38	13		145	1:43
Floh-Seligenthal	27.74	3:37:13	7:49	33	1:11:00	141	1:20:36	55.13	7:06:40	7:44	13		140	1:25:46
Finsterbergen	22.03	3:16:58	8:56	31	1:04:53	116	1:19:59	77.16	10:23:38	8:04	13		140	3:48:40
Fröttstädt	23.06	3:54:43	10:10	37	1:44:53	148	1:53:18	100.22	14:18:21	8:33	33	4:33:59	138	5:35:29