



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Koch, Danny

Club: Triathlon Team Rathenow
Number: 44

Course: 100.22 km
Thüringen Ultra

Category:
Männer M30

Total time: 16:56:57

Speed: 5.90 km/h
Running performance: 10:09 min/km

Rank in course/Total: 179 (of 191)

Rank in course/Men: 164 (of 175)

Best time in course: 8:42:52

Rank in category: 13(of 14)

Best time in the category: 9:34:24

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	3:38:16	7:58	13	1:16:56	154	1:16:56	27.39	3:38:16	7:58	14	10:32	171	10:32
Floh-Seligenthal	27.74	3:50:55	8:19	13	1:26:58	155	1:34:18	55.13	7:29:11	8:08	13	2:40:27	170	1:48:17
Finsterbergen	22.03	4:13:06	11:29	13	1:55:09	166	2:16:07	77.16	11:42:17	9:06	13	4:27:04	166	5:07:19
Fröttstädt	23.06	5:14:40	13:38	13	2:55:29	165	3:13:15	100.22	16:56:57	10:08	13	7:22:33	164	8:14:05