



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Vinzelberg, Dirk

Club: LG Roland Haldensleben
Number: 145

Course: 100.22 km
Thüringen Ultra

Category:
Männer M45

Total time: 10:31:55

Speed: 9.49 km/h
Running performance: 6:19 min/km

Rank in course/Total: 25 (of 191)

Rank in course/Men: 25 (of 175)

Best time in course: 8:42:52

Rank in category: 8(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	2:35:04	5:39	4	8:00	15	13:44	27.39	2:35:04	5:39	30		30	
Floh-Seligenthal	27.74	2:37:48	5:41	5	11:35	22	21:11	55.13	5:12:52	5:40	30		23	
Finsterbergen	22.03	2:27:27	6:41	7	15:22	22	30:28	77.16	7:40:19	5:57	30		25	1:05:21
Fröttstädt	23.06	2:51:36	7:26	22	41:46	75	50:11	100.22	10:31:55	6:18	8	47:33	25	1:49:03