



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Aust, Frank

Club: Die Otternasen  
Number: 37

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 10:55:26

Speed: 9.15 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 39 (of 191)

Rank in course/Men: 39 (of 175)

Best time in course: 8:42:52

Rank in category: 6(of 25)

Best time in the category: 9:11:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:44:10	5:59	4	17:24	32	22:50	27.39	2:44:10	5:59	19		45	
Floh-Seligenthal	27.74	2:56:42	6:22	11	37:44	58	40:05	55.13	5:40:52	6:10	19		44	
Finsterbergen	22.03	2:44:52	7:29	8	31:32	59	47:53	77.16	8:25:44	6:33	19		40	1:50:46
Fröttstädt	23.06	2:29:42	6:29	3	18:35	21	28:17	100.22	10:55:26	6:32	6	1:43:28	39	2:12:34