



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

DE SAEDELEER, POL

Club: LIER

Number: 103

Course: 100.22 km

Thüringen Ultra

Category:

Männer M45

Total time: 10:55:37

Speed: 9.15 km/h

Running performance: 6:32 min/km

Rank in course/Total: 40 (of 191)

Rank in course/Men: 40 (of 175)

Best time in course: 8:42:52

Rank in category: 15(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	3:00:16	6:34	20	33:12	77	38:56	27.39	3:00:16	6:34	37		46	
Floh-Seligenthal	27.74	2:55:48	6:20	17	29:35	55	39:11	55.13	5:56:04	6:27	37		45	15:10
Finsterbergen	22.03	2:24:26	6:33	4	12:21	16	27:27	77.16	8:20:30	6:29	37		41	1:45:32
Fröttstädt	23.06	2:35:07	6:43	12	25:17	34	33:42	100.22	10:55:37	6:32	15	1:11:15	40	2:12:45