



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Ziehm, Udo

Club: Potsdam  
Number: 26

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 10:57:20

Speed: 9.13 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 42 (of 191)

Rank in course/Men: 42 (of 175)

Best time in course: 8:42:52

Rank in category: 6(of 34)

Best time in the category: 10:16:14

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	2:54:29	6:22	11	19:21	58	33:09	27.39	2:54:29	6:22	29			48	
Floh-Seligenthal	27.74	2:50:25	6:08	7	15:16	36	33:48	55.13	5:44:54	6:15	29			47	4:00
Finsterbergen	22.03	2:34:55	7:01	7	11:41	44	37:56	77.16	8:19:49	6:28	29			43	1:44:51
Fröttstädt	23.06	2:37:31	6:49	3	8:55	37	36:06	100.22	10:57:20	6:33	6	41:06		42	2:14:28