



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Oka, Hirofumi

Club: Halle  
Number: 143

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M35

Total time: 8:57:31

Speed: 11.16 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 2 (of 191)

Rank in course/Men: 2 (of 175)

Best time in course: 8:42:52

Rank in category: 2(of 20)

Best time in the category: 8:42:52

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	2:27:17	5:22	3	5:55	8	5:57	27.39	2:27:17	5:22	19		5	
Floh-Seligenthal	27.74	2:28:47	5:21	3	12:10	8	12:10	55.13	4:56:04	5:22	19		4	
Finsterbergen	22.03	1:59:19	5:24	2	2:20	2	2:20	77.16	6:55:23	5:23	19		2	20:25
Fröttstädt	23.06	2:02:08	5:17	2	0:43	2	0:43	100.22	8:57:31	5:21	2	14:39	2	14:39