



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Gminder, Andreas

Club: Myko-Shop Jena  
Number: 204

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M45

Total time: 11:28:27

Speed: 8.72 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 68 (of 191)

Rank in course/Men: 65 (of 175)

Best time in course: 8:42:52

Rank in category: 22(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	3:02:56	6:40	22	35:52	85	41:36	27.39	3:02:56	6:40	12		71	
Floh-Seligenthal	27.74	3:02:26	6:34	23	36:13	78	45:49	55.13	6:05:22	6:37	12		70	24:28
Finsterbergen	22.03	2:47:15	7:35	22	35:10	66	50:16	77.16	8:52:37	6:54	12		66	2:17:39
Fröttstädt	23.06	2:35:50	6:45	13	26:00	36	34:25	100.22	11:28:27	6:52	22	1:44:05	65	2:45:35