



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Darkow, Stefan

Club: Lauffüchse Niederlehme
Number: 57

Course: 100.22 km
Thüringen Ultra

Category:
Männer M55

Total time: 11:46:44

Speed: 8.49 km/h
Running performance: 7:03 min/km

Rank in course/Total: 77 (of 191)

Rank in course/Men: 74 (of 175)

Best time in course: 8:42:52

Rank in category: 7(of 21)

Best time in the category: 9:53:13

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	2:59:15	6:32	7	29:47	74	37:55	27.39	2:59:15	6:32	16			74	
Floh-Seligenthal	27.74	3:01:16	6:32	6	24:38	74	44:39	55.13	6:00:31	6:32	16			79	19:37
Finsterbergen	22.03	2:46:15	7:32	8	29:05	65	49:16	77.16	8:46:46	6:49	16			75	2:11:48
Fröttstädt	23.06	2:59:58	7:48	10	37:59	92	58:33	100.22	11:46:44	7:03	7	1:53:31		74	3:03:52