



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Rühl, Wolfgang

Club: LT Hemsbach
Number: 67

Course: 100.22 km
Thüringen Ultra

Category:
Männer M55

Total time: 11:48:33

Speed: 8.47 km/h
Running performance: 7:04 min/km

Rank in course/Total: 78 (of 191)

Rank in course/Men: 75 (of 175)

Best time in course: 8:42:52

Rank in category: 8(of 21)

Best time in the category: 9:53:13

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	3:13:12	7:03	10	43:44	103	51:52	27.39	3:13:12	7:03	15		81	
Floh-Seligenthal	27.74	3:04:19	6:38	8	27:41	84	47:42	55.13	6:17:31	6:50	15		80	36:37
Finsterbergen	22.03	2:44:51	7:28	6	27:41	58	47:52	77.16	9:02:22	7:01	15		76	2:27:24
Fröttstädt	23.06	2:46:11	7:12	7	24:12	64	44:46	100.22	11:48:33	7:04	8	1:55:20	75	3:05:41