



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Frunzke, Thomas

Club: Storkow  
Number: 7

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 11:48:34

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

Rank in course/Total: 79 (of 191)

Rank in course/Men: 76 (of 175)

Best time in course: 8:42:52

Rank in category: 13(of 34)

Best time in the category: 10:16:14

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	3:05:29	6:46	19	30:21	92	44:09	27.39	3:05:29	6:46	22		82	
Floh-Seligenthal	27.74	3:04:37	6:39	16	29:28	85	48:00	55.13	6:10:06	6:42	22		81	29:12
Finsterbergen	22.03	2:50:17	7:43	14	27:03	74	53:18	77.16	9:00:23	7:00	22		77	2:25:25
Fröttstädt	23.06	2:48:11	7:17	10	19:35	69	46:46	100.22	11:48:34	7:04	13	1:32:20	76	3:05:42