



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

Detailed evaluation

Luniak, Harald

Club: GutsMuths-Rennsteiglaufverein e.V.  
Number: 69

Course: 100.22 km  
Thüringen Ultra

Category:  
Männer M50

Total time: 12:11:43

Speed: 8.20 km/h  
Running performance: 7:18 min/km

Rank in course/Total: 87 (of 191)

Rank in course/Men: 84 (of 175)

Best time in course: 8:42:52

Rank in category: 17(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	3:05:49	6:47	20	30:41	93	44:29	27.39	3:05:49	6:47	10		90	
Floh-Seligenthal	27.74	2:57:12	6:23	11	22:03	60	40:35	55.13	6:03:01	6:35	10		89	22:07
Finsterbergen	22.03	3:07:30	8:30	20	44:16	97	1:10:31	77.16	9:10:31	7:08	10		85	2:35:33
Fröttstädt	23.06	3:01:12	7:51	18	32:36	95	59:47	100.22	12:11:43	7:18	17	1:55:29	84	3:28:51