



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Schürmann, Ralf

Club: Wat Läuft Ultra Team  
Number: 242

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 12:00:49

Speed: 8.32 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 89 (of 272)

Rank in course/Men: 82 (of 235)

Best time in course: 7:55:46

Rank in category: 19(of 34)

Best time in the category: 9:06:44

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	25.00	2:58:37	7:08	19	36:35	83	46:50	25.00	2:58:37	7:08	2		91	46:50
Floh-Seligenthal	25.00	3:10:40	7:37	22	53:04	108	1:05:42	50.00	6:09:17	7:23	2		88	1:52:32
Finsterbergen	25.00	2:54:06	6:57	19	45:40	81	1:06:10	75.00	9:03:23	7:14	2		82	2:58:42
Fröttstädt	25.00	2:57:26	7:05	18	44:12	77	1:06:21	100.00	12:00:49	7:12	19	2:54:05	82	4:05:03