



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

**Darkow, Stefan**

Club: Lauffüchse Niederlehme  
Number: 125

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:21:30

Speed: 8.09 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 101 (of 272)

Rank in course/Men: 93 (of 235)

Best time in course: 7:55:46

Rank in category: 9(of 30)

Best time in the category: 10:18:18

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	3:07:40	7:30	9	33:52	103	55:53	25.00	3:07:40	7:30	22			102	55:53
Floh-Seligenthal	25.00	3:09:40	7:35	10	25:06	104	1:04:42	50.00	6:17:20	7:32	22			99	2:00:35
Finsterbergen	25.00	2:55:45	7:01	10	31:22	85	1:07:49	75.00	9:13:05	7:22	22			93	3:08:24
Fröttstädt	25.00	3:08:25	7:32	11	38:47	102	1:17:20	100.00	12:21:30	7:24	9	2:03:12		93	4:25:44