



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Praefke, Frank

Club: BSG Team EVAG Essen  
Number: 167

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:22:07

Speed: 8.08 km/h  
Running performance: 7:25 min/km

Rank in course/Total: 104 (of 272)

Rank in course/Men: 96 (of 235)

Best time in course: 7:55:46

Rank in category: 19(of 54)

Best time in the category: 9:26:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:25:37	8:13	39	58:57	154	1:13:50	25.00	3:25:37	8:13	49		104	1:13:50
Floh-Seligenthal	25.00	3:25:47	8:13	36	58:36	146	1:20:49	50.00	6:51:24	8:13	48		101	2:34:39
Finsterbergen	25.00	2:44:26	6:34	14	30:08	67	56:30	75.00	9:35:50	7:40	46		95	3:31:09
Fröttstädt	25.00	2:46:17	6:39	11	34:17	55	55:12	100.00	12:22:07	7:25	19	2:55:23	96	4:26:21