



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha  
Number: 2

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 9:26:44

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 5 (of 272)

Rank in course/Men: 5 (of 235)

Best time in course: 7:55:46

Rank in category: 1(of 54)

Best time in the category: 9:26:44

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	25.00	2:32:02	6:04	5	5:22	17	20:15	25.00	2:32:02	6:04	30		12	20:15
Floh-Seligenthal	25.00	2:27:11	5:53	1	-	7	22:13	50.00	4:59:13	5:59	29		9	42:28
Finsterbergen	25.00	2:15:31	5:25	2	1:13	7	27:35	75.00	7:14:44	5:47	40		5	1:10:03
Fröttstädt	25.00	2:12:00	5:16	1	-	3	20:55	100.00	9:26:44	5:40	1	-	5	1:30:58