



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Teinert, Michael

Club: Harzer Ultra Running Team
Number: 5

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:29:11

Speed: 8.01 km/h
Running performance: 7:29 min/km

Rank in course/Total: 109 (of 272)

Rank in course/Men: 101 (of 235)

Best time in course: 7:55:46

Rank in category: 22(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:02:08	7:17	22	35:28	93	50:21	25.00	3:02:08	7:17	52		110	50:21
Floh-Seligenthal	25.00	3:17:37	7:54	30	50:26	124	1:12:39	50.00	6:19:45	7:35	51		107	2:03:00
Finsterbergen	25.00	3:05:48	7:25	21	51:30	105	1:17:52	75.00	9:25:33	7:32	49		101	3:20:52
Fröttstädt	25.00	3:03:38	7:20	18	51:38	90	1:12:33	100.00	12:29:11	7:29	22	3:02:27	101	4:33:25