



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Frunzke, Thomas

Club: ohne  
Number: 65

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 12:32:17

Speed: 7.98 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 110 (of 272)

Rank in course/Men: 102 (of 235)

Best time in course: 7:55:46

Rank in category: 23(of 58)

Best time in the category: 8:38:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Glasbachwiese	25.00	3:14:25	7:46	29	45:40	118	1:02:38	25.00	3:14:25	7:46	55			111	1:02:38		
Floh-Seligenthal	25.00	3:11:56	7:40	23	53:27	111	1:06:58	50.00	6:26:21	7:43	54			108	2:09:36		
Finsterbergen	25.00	2:57:33	7:06	15	1:06:23	87	1:09:37	75.00	9:23:54	7:31	51			102	3:19:13		
Fröttstädt	25.00	3:08:23	7:32	22	1:09:35	101	1:17:18	100.00	12:32:17	7:31	23	3:53:37		102	4:36:31		