



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Panse, Jens

Club: USV Erfurt
Number: 177

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:33:41

Speed: 7.96 km/h
Running performance: 7:32 min/km

Rank in course/Total: 111 (of 272)

Rank in course/Men: 103 (of 235)

Best time in course: 7:55:46

Rank in category: 23(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	3:11:37	7:39	25	44:57	109	59:50	25.00	3:11:37	7:39	53		112	59:50
Floh-Seligenthal	25.00	3:05:31	7:25	22	38:20	92	1:00:33	50.00	6:17:08	7:32	52		109	2:00:23
Finsterbergen	25.00	3:11:01	7:38	30	56:43	130	1:23:05	75.00	9:28:09	7:34	50		103	3:23:28
Fröttstädt	25.00	3:05:32	7:25	20	53:32	95	1:14:27	100.00	12:33:41	7:32	23	3:06:57	103	4:37:55