



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Wolf, Armin

Club: LLC Marathon Regensburg e.V.
Number: 94

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:34:52

Speed: 7.95 km/h
Running performance: 7:33 min/km

Rank in course/Total: 112 (of 272)

Rank in course/Men: 104 (of 235)

Best time in course: 7:55:46

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:01:53	7:16	21	35:13	91	50:06	25.00	3:01:53	7:16	54		113	50:06
Floh-Seligenthal	25.00	3:01:18	7:15	20	34:07	86	56:20	50.00	6:03:11	7:15	53		110	1:46:26
Finsterbergen	25.00	3:07:34	7:30	26	53:16	116	1:19:38	75.00	9:10:45	7:20	51		104	3:06:04
Fröttstädt	25.00	3:24:07	8:09	33	1:12:07	135	1:33:02	100.00	12:34:52	7:32	24	3:08:08	104	4:39:06