



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: Die Orientierungslosen  
Number: 69

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:39:18

Speed: 7.90 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 114 (of 272)

Rank in course/Men: 106 (of 235)

Best time in course: 7:55:46

Rank in category: 10(of 30)

Best time in the category: 10:18:18

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	3:40:19	8:48	25	1:06:31	200	1:28:32	25.00	3:40:19	8:48	21	7:12	116	1:28:32
Floh-Seligenthal	25.00	3:18:41	7:56	12	34:07	127	1:13:43	50.00	6:59:00	8:22	21		113	2:42:15
Finsterbergen	25.00	2:47:21	6:41	6	22:58	71	59:25	75.00	9:46:21	7:49	21		107	3:41:40
Fröttstädt	25.00	2:52:57	6:55	7	23:19	70	1:01:52	100.00	12:39:18	7:35	10	2:21:00	106	4:43:32