



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha
Number: 153

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:44:15

Speed: 7.85 km/h
Running performance: 7:38 min/km

Rank in course/Total: 117 (of 272)

Rank in course/Men: 109 (of 235)

Best time in course: 7:55:46

Rank in category: 24(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:37:03	6:16	6	8:18	28	25:16	25.00	2:37:03	6:16	56		119	25:16
Floh-Seligenthal	25.00	3:10:44	7:37	22	52:15	109	1:05:46	50.00	5:47:47	6:57	55		116	1:31:02
Finsterbergen	25.00	3:22:02	8:04	36	1:30:52	157	1:34:06	75.00	9:09:49	7:19	52		110	3:05:08
Fröttstädt	25.00	3:34:26	8:34	41	1:35:38	167	1:43:21	100.00	12:44:15	7:38	24	4:05:35	109	4:48:29