



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Heideck, Daniel

Club: Kerken
Number: 214

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 12:52:14

Speed: 7.77 km/h
Running performance: 7:43 min/km

Rank in course/Total: 123 (of 272)

Rank in course/Men: 113 (of 235)

Best time in course: 7:55:46

Rank in category: 10(of 15)

Best time in the category: 9:22:42

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	3:14:44	7:47	10	52:17	119	1:02:57	25.00	3:14:44	7:47	11	16:46	123	1:02:57
Floh-Seligenthal	25.00	3:20:02	8:00	11	1:01:57	133	1:15:04	50.00	6:34:46	7:53	9	1:54:14	117	2:18:01
Finsterbergen	25.00	3:06:30	7:27	10	50:48	110	1:18:34	75.00	9:41:16	7:45	10	2:42:04	114	3:36:35
Fröttstädt	25.00	3:10:58	7:38	10	51:37	109	1:19:53	100.00	12:52:14	7:43	10	3:29:32	113	4:56:28