



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: VT Union Gr. Ilsede  
Number: 151

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:53:17

Speed: 7.76 km/h  
Running performance: 7:44 min/km

Rank in course/Total: 124 (of 272)

Rank in course/Men: 114 (of 235)

Best time in course: 7:55:46

Rank in category: 11(of 30)

Best time in the category: 10:18:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Glasbachwiese	25.00	3:05:57	7:26	7	32:09	99	54:10	25.00	3:05:57	7:26	20		100	54:10
Floh-Seligenthal	25.00	3:10:20	7:36	11	25:46	107	1:05:22	50.00	6:16:17	7:31	20		121	1:59:32
Finsterbergen	25.00	3:10:39	7:37	14	46:16	128	1:22:43	75.00	9:26:56	7:33	20		115	3:22:15
Fröttstädt	25.00	3:26:21	8:15	18	56:43	146	1:35:16	100.00	12:53:17	7:43	11	2:34:59	114	4:57:31