



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: Schnauftreff Oberursel  
Number: 111

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:54:57

Speed: 7.74 km/h  
Running performance: 7:45 min/km

Rank in course/Total: 126 (of 272)

Rank in course/Men: 116 (of 235)

Best time in course: 7:55:46

Rank in category: 25(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	2:57:16	7:05	14	30:36	71	45:29	25.00	2:57:16	7:05	15		126	45:29
Floh-Seligenthal	25.00	2:58:00	7:07	18	30:49	78	53:02	50.00	5:55:16	7:06	15		123	1:38:31
Finsterbergen	25.00	3:40:40	8:49	44	1:26:22	190	1:52:44	75.00	9:35:56	7:40	14		117	3:31:15
Fröttstädt	25.00	3:19:01	7:57	29	1:07:01	125	1:27:56	100.00	12:54:57	7:44	25	3:28:13	116	4:59:11