



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Spillecke, Jörg

Club: LAC Erdgas Chemnitz
Number: 130

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:55:45

Speed: 7.73 km/h
Running performance: 7:46 min/km

Rank in course/Total: 127 (of 272)

Rank in course/Men: 117 (of 235)

Best time in course: 7:55:46

Rank in category: 26(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:02:23	7:17	23	35:43	94	50:36	25.00	3:02:23	7:17	2		127	50:36
Floh-Seligenthal	25.00	2:57:33	7:06	17	30:22	77	52:35	50.00	5:59:56	7:11	2		124	1:43:11
Finsterbergen	25.00	3:18:28	7:56	31	1:04:10	146	1:30:32	75.00	9:18:24	7:26	2		118	3:13:43
Fröttstädt	25.00	3:37:21	8:41	39	1:25:21	171	1:46:16	100.00	12:55:45	7:45	26	3:29:01	117	4:59:59