



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |