



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Fels, Stefan

Club: Lürrip City
Number: 281

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:29:12

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 6 (of 272)

Rank in course/Men: 6 (of 235)

Best time in course: 7:55:46

Rank in category: 2(of 54)

Best time in the category: 9:26:44

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	2:28:44	5:56	2	2:04	9	16:57	25.00	2:28:44	5:56	31		13	16:57
Floh-Seligenthal	25.00	2:29:55	5:59	4	2:44	10	24:57	50.00	4:58:39	5:58	30		10	41:54
Finsterbergen	25.00	2:16:06	5:26	3	1:48	9	28:10	75.00	7:14:45	5:47	28		6	1:10:04
Fröttstädt	25.00	2:14:27	5:22	2	2:27	5	23:22	100.00	9:29:12	5:41	2	2:28	6	1:33:26