



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Blumensaat, Roland

Club: schritt-weise.de
Number: 144

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 12:56:06

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

Rank in course/Total: 129 (of 272)

Rank in course/Men: 118 (of 235)

Best time in course: 7:55:46

Rank in category: 12(of 30)

Best time in the category: 10:18:18

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	3:16:52	7:52	11	43:04	126	1:05:05	25.00	3:16:52	7:52	19		129	1:05:05
Floh-Seligenthal	25.00	3:02:06	7:17	7	17:32	89	57:08	50.00	6:18:58	7:34	19		125	2:02:13
Finsterbergen	25.00	3:37:54	8:42	23	1:13:31	188	1:49:58	75.00	9:56:52	7:57	19		120	3:52:11
Fröttstädt	25.00	2:59:14	7:10	9	29:36	80	1:08:09	100.00	12:56:06	7:45	12	2:37:48	118	5:00:20