



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Miller, Alex

Club: Steinwenden  
Number: 52

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M35 (35-39 Jahre)

Total time: 12:57:02

Speed: 7.72 km/h  
Running performance: 7:46 min/km

Rank in course/Total: 130 (of 272)

Rank in course/Men: 120 (of 235)

Best time in course: 7:55:46

Rank in category: 16(of 23)

Best time in the category: 7:55:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking							
				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	3:19:23	7:58	16	1:07:36	135	1:07:36	25.00	3:19:23	7:58	7			92	1:07:36
Floh-Seligenthal	25.00	3:17:55	7:54	17	1:12:57	125	1:12:57	50.00	6:37:18	7:56	7			127	2:20:33
Finsterbergen	25.00	3:06:16	7:27	16	1:18:20	109	1:18:20	75.00	9:43:34	7:46	7	55:16		121	3:38:53
Fröttstädt	25.00	3:13:28	7:44	16	1:22:23	115	1:22:23	100.00	12:57:02	7:46	16	5:01:16		120	5:01:16