



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Rothe, Gunter

Club: Lauffeuer Fröttstädt  
Number: 300

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:58:49

Speed: 7.70 km/h  
Running performance: 7:47 min/km

Rank in course/Total: 131 (of 272)

Rank in course/Men: 121 (of 235)

Best time in course: 7:55:46

Rank in category: 28(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	3:20:06	8:00	36	53:26	142	1:08:19	25.00	3:20:06	8:00	4		131	1:08:19
Floh-Seligenthal	25.00	3:16:12	7:50	28	49:01	119	1:11:14	50.00	6:36:18	7:55	4		128	2:19:33
Finsterbergen	25.00	3:09:41	7:35	28	55:23	123	1:21:45	75.00	9:45:59	7:48	4		122	3:41:18
Fröttstädt	25.00	3:12:50	7:42	27	1:00:50	114	1:21:45	100.00	12:58:49	7:47	28	3:32:05	121	5:03:03