



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Benz, Ralph

Club: MTV Heide
Number: 85

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 13:00:34

Speed: 7.69 km/h
Running performance: 7:49 min/km

Rank in course/Total: 132 (of 272)

Rank in course/Men: 122 (of 235)

Best time in course: 7:55:46

Rank in category: 24(of 34)

Best time in the category: 9:06:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	3:25:40	8:13	28	1:03:38	157	1:13:53	25.00	3:25:40	8:13	7	16:39	132	1:13:53
Floh-Seligenthal	25.00	3:12:02	7:40	23	54:26	113	1:07:04	50.00	6:37:42	7:57	7		129	2:20:57
Finsterbergen	25.00	3:03:27	7:20	21	55:01	103	1:15:31	75.00	9:41:09	7:44	7		123	3:36:28
Fröttstädt	25.00	3:19:25	7:58	24	1:06:11	127	1:28:20	100.00	13:00:34	7:48	24	3:53:50	122	5:04:48