



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Zösche, Karsten

Club: PSV Meiningen
Number: 21

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:05:37

Speed: 7.64 km/h
Running performance: 7:52 min/km

Rank in course/Total: 135 (of 272)

Rank in course/Men: 124 (of 235)

Best time in course: 7:55:46

Rank in category: 29(of 54)

Best time in the category: 9:26:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:20:04	8:00	34	53:24	138	1:08:17	25.00	3:20:04	8:00	5		6	1:08:17
Floh-Seligenthal	25.00	3:28:25	8:20	39	1:01:14	159	1:23:27	50.00	6:48:29	8:10	5		132	2:31:44
Finsterbergen	25.00	3:05:54	7:26	22	51:36	107	1:17:58	75.00	9:54:23	7:55	5		125	3:49:42
Fröttstädt	25.00	3:11:14	7:38	25	59:14	110	1:20:09	100.00	13:05:37	7:51	29	3:38:53	124	5:09:51