



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Polzius, Frank

Number: 283

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:12:23

Speed: 7.57 km/h

Running performance: 7:55 min/km

Rank in course/Total: 140 (of 272)

Rank in course/Men: 126 (of 235)

Best time in course: 7:55:46

Rank in category: 30(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	3:17:51	7:54	30	51:11	130	1:06:04	25.00	3:17:51	7:54	7		138	1:06:04
Floh-Seligenthal	25.00	3:16:13	7:50	29	49:02	120	1:11:15	50.00	6:34:04	7:52	7		135	2:17:19
Finsterbergen	25.00	3:07:10	7:29	24	52:52	112	1:19:14	75.00	9:41:14	7:44	7		128	3:36:33
Fröttstädt	25.00	3:31:09	8:26	37	1:19:09	163	1:40:04	100.00	13:12:23	7:55	30	3:45:39	126	5:16:37