



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--------|----------|--------|-----|---------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| 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 | |