



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Dr. Porstner, Thomas P.

Club: Gutsmuths-Rennsteiglauf-Verein
Number: 90

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:20:54

Speed: 7.49 km/h
Running performance: 8:01 min/km

Rank in course/Total: 145 (of 272)

Rank in course/Men: 131 (of 235)

Best time in course: 7:55:46

Rank in category: 29(of 58)

Best time in the category: 8:38:40

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	3:05:48	7:25	23	37:03	98	54:01	25.00	3:05:48	7:25	3					142	54:01
Floh-Seligenthal	25.00	3:17:16	7:53	26	58:47	122	1:12:18	50.00	6:23:04	7:39	3					139	2:06:19
Finsterbergen	25.00	3:20:40	8:01	35	1:29:30	152	1:32:44	75.00	9:43:44	7:46	2					132	3:39:03
Fröttstädt	25.00	3:37:10	8:41	43	1:38:22	170	1:46:05	100.00	13:20:54	8:00	29	4:42:14			131	5:25:08	