



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: LTV Erfurt  
Number: 129

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:23:18

Speed: 7.47 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 148 (of 272)

Rank in course/Men: 134 (of 235)

Best time in course: 7:55:46

Rank in category: 31(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:11:38	7:39	26	42:53	110	59:51	25.00	3:11:38	7:39	5		145	59:51
Floh-Seligenthal	25.00	3:08:34	7:32	21	50:05	101	1:03:36	50.00	6:20:12	7:36	5		142	2:03:27
Finsterbergen	25.00	3:25:22	8:12	39	1:34:12	166	1:37:26	75.00	9:45:34	7:48	4		135	3:40:53
Fröttstädt	25.00	3:37:44	8:42	44	1:38:56	172	1:46:39	100.00	13:23:18	8:01	31	4:44:38	134	5:27:32