



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Fels, Manfred

Club: Lauffreunde Emsland
Number: 192

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 13:25:47

Speed: 7.45 km/h
Running performance: 8:04 min/km

Rank in course/Total: 149 (of 272)

Rank in course/Men: 135 (of 235)

Best time in course: 7:55:46

Rank in category: 15(of 30)

Best time in the category: 10:18:18

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	3:33:07	8:31	20	59:19	181	1:21:20	25.00	3:33:07	8:31	1	-	146	1:21:20
Floh-Seligenthal	25.00	3:25:57	8:14	15	41:23	148	1:20:59	50.00	6:59:04	8:22	1	-	143	2:42:19
Finsterbergen	25.00	3:00:50	7:14	11	36:27	95	1:12:54	75.00	9:59:54	7:59	1	-	136	3:55:13
Fröttstädt	25.00	3:25:53	8:14	15	56:15	140	1:34:48	100.00	13:25:47	8:03	15	3:07:29	135	5:30:01