



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: Lauffreunde Emsland  
Number: 180

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 13:25:47

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

Rank in course/Total: 150 (of 272)

Rank in course/Men: 135 (of 235)

Best time in course: 7:55:46

Rank in category: 32(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	3:33:06	8:31	44	1:06:26	180	1:21:19	25.00	3:33:06	8:31	8	6:12	147	1:21:19
Floh-Seligenthal	25.00	3:25:58	8:14	37	58:47	149	1:21:00	50.00	6:59:04	8:22	8	4:07	143	2:42:19
Finsterbergen	25.00	3:00:50	7:14	19	46:32	95	1:12:54	75.00	9:59:54	7:59	8		136	3:55:13
Fröttstädt	25.00	3:25:53	8:14	34	1:13:53	140	1:34:48	100.00	13:25:47	8:03	32	3:59:03	135	5:30:01