



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Posern, Thomas

Club: Team UltraSports
Number: 293

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 13:27:48

Speed: 7.43 km/h
Running performance: 8:05 min/km

Rank in course/Total: 152 (of 272)

Rank in course/Men: 138 (of 235)

Best time in course: 7:55:46

Rank in category: 11(of 15)

Best time in the category: 9:22:42

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	3:36:33	8:39	13	1:14:06	193	1:24:46	25.00	3:36:33	8:39	12	38:35	149	1:24:46
Floh-Seligenthal	25.00	3:13:59	7:45	10	55:54	116	1:09:01	50.00	6:50:32	8:12	11	2:10:00	146	2:33:47
Finsterbergen	25.00	3:07:17	7:29	11	51:35	113	1:19:21	75.00	9:57:49	7:58	11	2:58:37	139	3:53:08
Fröttstädt	25.00	3:29:59	8:23	12	1:10:38	159	1:38:54	100.00	13:27:48	8:04	11	4:05:06	138	5:32:02