



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: LC Auensee Leipzig  
Number: 166

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 13:29:21

Speed: 7.41 km/h  
Running performance: 8:05 min/km

Rank in course/Total: 154 (of 272)

Rank in course/Men: 140 (of 235)

Best time in course: 7:55:46

Rank in category: 33(of 54)

Best time in the category: 9:26:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:38:11	6:19	7	11:31	31	26:24	25.00	2:38:11	6:19	9		150	26:24
Floh-Seligenthal	25.00	3:08:34	7:32	24	41:23	101	1:03:36	50.00	5:46:45	6:56	9		147	1:30:00
Finsterbergen	25.00	3:09:33	7:34	27	55:15	122	1:21:37	75.00	8:56:18	7:09	9		140	2:51:37
Fröttstädt	25.00	4:33:03	10:55	48	2:21:03	215	2:41:58	100.00	13:29:21	8:05	33	4:02:37	140	5:33:35