



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

freymann, arndt

Club: Schmalzgrube
Number: 118

Course: 100.00 km
Thüringen Ultra

Category:
Männer (20-29 Jahre)

Total time: 13:29:19

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

Rank in course/Total: 153 (of 272)

Rank in course/Men: 139 (of 235)

Best time in course: 7:55:46

Rank in category: 5(of 7)

Best time in the category: 9:40:35

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	3:14:49	7:47	5	1:03:01	120	1:03:02	25.00	3:14:49	7:47	6	1:03:01	151	1:03:02
Floh-Seligenthal	25.00	3:33:40	8:32	6	1:27:14	174	1:28:42	50.00	6:48:29	8:10	6	2:30:15	132	2:31:44
Finsterbergen	25.00	3:13:25	7:44	5	56:55	132	1:25:29	75.00	10:01:54	8:01	5	2:41:16	141	3:57:13
Fröttstädt	25.00	3:27:25	8:17	5	1:10:33	150	1:36:20	100.00	13:29:19	8:05	5	3:48:44	139	5:33:33