



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Häger, Sven-Eric

Club: KNBLO Niederlande
Number: 9

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:31:18

Speed: 7.40 km/h
Running performance: 8:07 min/km

Rank in course/Total: 156 (of 272)

Rank in course/Men: 141 (of 235)

Best time in course: 7:55:46

Rank in category: 34(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	3:40:13	8:48	45	1:13:33	199	1:28:26	25.00	3:40:13	8:48	10	13:19	152	1:28:26
Floh-Seligenthal	25.00	3:18:46	7:57	31	51:35	128	1:13:48	50.00	6:58:59	8:22	10	4:02	149	2:42:14
Finsterbergen	25.00	3:20:38	8:01	33	1:06:20	151	1:32:42	75.00	10:19:37	8:15	10	3:31	142	4:14:56
Fröttstädt	25.00	3:11:41	7:40	26	59:41	112	1:20:36	100.00	13:31:18	8:06	34	4:04:34	141	5:35:32