



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Sziburis, Sven

Club: Breuna
Number: 235

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:32:22

Speed: 7.39 km/h
Running performance: 8:07 min/km

Rank in course/Total: 159 (of 272)

Rank in course/Men: 143 (of 235)

Best time in course: 7:55:46

Rank in category: 35(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:27:47	8:18	41	1:01:07	165	1:16:00	25.00	3:27:47	8:18	11	0:53	154	1:16:00
Floh-Seligenthal	25.00	3:22:57	8:07	33	55:46	139	1:17:59	50.00	6:50:44	8:12	11		151	2:33:59
Finsterbergen	25.00	3:22:06	8:05	36	1:07:48	158	1:34:10	75.00	10:12:50	8:10	11		144	4:08:09
Fröttstädt	25.00	3:19:32	7:58	31	1:07:32	128	1:28:27	100.00	13:32:22	8:07	35	4:05:38	143	5:36:36