



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

ünlü, turgay

Club: AKN VHH BSH Hamburg  
Number: 146

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:37:04

Speed: 7.34 km/h  
Running performance: 8:10 min/km

Rank in course/Total: 162 (of 272)

Rank in course/Men: 145 (of 235)

Best time in course: 7:55:46

Rank in category: 33(of 58)

Best time in the category: 8:38:40

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	3:27:00	8:16	38	58:15	162	1:15:13	25.00	3:27:00	8:16	7		157	1:15:13
Floh-Seligenthal	25.00	3:23:56	8:09	31	1:05:27	140	1:18:58	50.00	6:50:56	8:13	7		154	2:34:11
Finsterbergen	25.00	3:19:52	7:59	34	1:28:42	149	1:31:56	75.00	10:10:48	8:08	6		146	4:06:07
Fröttstädt	25.00	3:26:16	8:15	33	1:27:28	144	1:35:11	100.00	13:37:04	8:10	33	4:58:24	145	5:41:18