



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Chrysovalantis, Thomas

Club: Athen  
Number: 254

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M35 (35-39 Jahre)

Total time: 13:37:04

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

Rank in course/Total: 163 (of 272)

Rank in course/Men: 145 (of 235)

Best time in course: 7:55:46

Rank in category: 17(of 23)

Best time in the category: 7:55:46

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	3:26:42	8:16	18	1:14:55	159	1:14:55	25.00	3:26:42	8:16	6		158	1:14:55
Floh-Seligenthal	25.00	3:28:05	8:19	18	1:23:07	157	1:23:07	50.00	6:54:47	8:17	6		155	2:38:02
Finsterbergen	25.00	3:16:03	7:50	17	1:28:07	139	1:28:07	75.00	10:10:50	8:08	6	1:22:32	148	4:06:09
Fröttstädt	25.00	3:26:14	8:14	18	1:35:09	143	1:35:09	100.00	13:37:04	8:10	17	5:41:18	145	5:41:18