



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Ernst, Roland

Club: LC Olympia Wiesbaden  
Number: 278

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:37:50

Speed: 7.34 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 167 (of 272)

Rank in course/Men: 150 (of 235)

Best time in course: 7:55:46

Rank in category: 35(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:34:34	8:34	47	1:05:49	187	1:22:47	25.00	3:34:34	8:34	8	1:23	160	1:22:47
Floh-Seligenthal	25.00	3:19:52	7:59	28	1:01:23	132	1:14:54	50.00	6:54:26	8:17	8		102	2:37:41
Finsterbergen	25.00	3:17:51	7:54	33	1:26:41	145	1:29:55	75.00	10:12:17	8:09	7		150	4:07:36
Fröttstädt	25.00	3:25:33	8:13	32	1:26:45	139	1:34:28	100.00	13:37:50	8:10	35	4:59:10	150	5:42:04