



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Göbel, Karsten

Club: Helios Iron Team
Number: 149

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:37:24

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

Rank in course/Total: 164 (of 272)

Rank in course/Men: 148 (of 235)

Best time in course: 7:55:46

Rank in category: 34(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Glasbachwiese	25.00	3:10:46	7:37	25	42:01	107	58:59	25.00	3:10:46	7:37	9			161	58:59		
Floh-Seligenthal	25.00	3:22:19	8:05	30	1:03:50	138	1:17:21	50.00	6:33:05	7:51	9			158	2:16:20		
Finsterbergen	25.00	3:25:41	8:13	40	1:34:31	168	1:37:45	75.00	9:58:46	7:59	8			151	3:54:05		
Fröttstädt	25.00	3:38:38	8:44	46	1:39:50	174	1:47:33	100.00	13:37:24	8:10	34	4:58:44	148	5:41:38			