



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Deák, Andreas

Club: LG Mauerweg Berlin e.V.
Number: 95

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:45:47

Speed: 7.27 km/h
Running performance: 8:16 min/km

Rank in course/Total: 173 (of 272)

Rank in course/Men: 154 (of 235)

Best time in course: 7:55:46

Rank in category: 37(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	3:27:32	8:18	39	58:47	163	1:15:45	25.00	3:27:32	8:18	11		165	1:15:45
Floh-Seligenthal	25.00	3:33:02	8:31	45	1:14:33	171	1:28:04	50.00	7:00:34	8:24	11		162	2:43:49
Finsterbergen	25.00	3:15:17	7:48	32	1:24:07	137	1:27:21	75.00	10:15:51	8:12	10		155	4:11:10
Fröttstädt	25.00	3:29:56	8:23	37	1:31:08	158	1:38:51	100.00	13:45:47	8:15	37	5:07:07	154	5:50:01