



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Schudera, Matthias

Club: SSV Bad Salzungen  
Number: 237

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 13:46:38

Speed: 7.26 km/h  
Running performance: 8:16 min/km

Rank in course/Total: 174 (of 272)

Rank in course/Men: 155 (of 235)

Best time in course: 7:55:46

Rank in category: 36(of 54)

Best time in the category: 9:26:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	3:19:06	7:57	31	52:26	133	1:07:19	25.00	3:19:06	7:57	12		166	1:07:19
Floh-Seligenthal	25.00	3:35:09	8:36	41	1:07:58	179	1:30:11	50.00	6:54:15	8:17	12		163	2:37:30
Finsterbergen	25.00	3:18:33	7:56	32	1:04:15	147	1:30:37	75.00	10:12:48	8:10	12		156	4:08:07
Fröttstädt	25.00	3:33:50	8:33	38	1:21:50	165	1:42:45	100.00	13:46:38	8:15	36	4:19:54	155	5:50:52