



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV  
Number: 200

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M65 (65-69 Jahre)

Total time: 13:51:03

Speed: 7.22 km/h  
Running performance: 8:19 min/km

Rank in course/Total: 181 (of 272)

Rank in course/Men: 161 (of 235)

Best time in course: 7:55:46

Rank in category: 1(of 2)

Best time in the category: 13:51:03

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	3:28:46	8:21	1	-	167	1:16:59	25.00	3:28:46	8:21	1	-	105	1:16:59
Floh-Seligenthal	25.00	3:32:11	8:29	1	-	169	1:27:13	50.00	7:00:57	8:25	1	-	169	2:44:12
Finsterbergen	25.00	3:22:48	8:06	1	-	160	1:34:52	75.00	10:23:45	8:18	1	-	162	4:19:04
Fröttstädt	25.00	3:27:18	8:17	1	-	149	1:36:13	100.00	13:51:03	8:18	1	-	161	5:55:17