



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Gerlach, Jörg

Club: 100 Marathon Club
Number: 259

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:53:53

Speed: 7.20 km/h
Running performance: 8:20 min/km

Rank in course/Total: 185 (of 272)

Rank in course/Men: 164 (of 235)

Best time in course: 7:55:46

Rank in category: 41(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:23:45	8:09	35	55:00	153	1:11:58	25.00	3:23:45	8:09	15		176	1:11:58
Floh-Seligenthal	25.00	3:31:50	8:28	43	1:13:21	168	1:26:52	50.00	6:55:35	8:18	15		173	2:38:50
Finsterbergen	25.00	3:27:30	8:18	43	1:36:20	175	1:39:34	75.00	10:23:05	8:18	14		166	4:18:24
Fröttstädt	25.00	3:30:48	8:25	40	1:32:00	162	1:39:43	100.00	13:53:53	8:20	41	5:15:13	164	5:58:07