



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Kowalski, Oliver

Club: Waltroper LC06
Number: 8

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 13:54:54

Speed: 7.19 km/h
Running performance: 8:21 min/km

Rank in course/Total: 186 (of 272)

Rank in course/Men: 166 (of 235)

Best time in course: 7:55:46

Rank in category: 29(of 34)

Best time in the category: 9:06:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:18:17	7:55	26	56:15	132	1:06:30	25.00	3:18:17	7:55	12	9:16	177	1:06:30
Floh-Seligenthal	25.00	3:35:58	8:38	29	1:18:22	180	1:31:00	50.00	6:54:15	8:17	12	6:21	163	2:37:30
Finsterbergen	25.00	3:28:14	8:19	31	1:19:48	179	1:40:18	75.00	10:22:29	8:17	12	9:44	167	4:17:48
Fröttstädt	25.00	3:32:25	8:29	28	1:19:11	164	1:41:20	100.00	13:54:54	8:20	29	4:48:10	166	5:59:08