



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Schramm, Sören

Club: Chemnitzer LV MEGWARE  
Number: 102

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M30 (30-34 Jahre)

Total time: 10:01:16

Speed: 9.98 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 11 (of 272)

Rank in course/Men: 11 (of 235)

Best time in course: 7:55:46

Rank in category: 3(of 15)

Best time in the category: 9:22:42

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 25.00       | 2:31:00       | 6:02            | 2           | 8:33           | 13          | 19:13         | 25.00         | 2:31:00       | 6:02            | 4           |                | 19         | 19:13         |
| Floh-Seligenthal | 25.00       | 2:40:19       | 6:24            | 4           | 22:14          | 30          | 35:21         | 50.00         | 5:11:19       | 6:13            | 3           | 30:47          | 16         | 54:34         |
| Finsterbergen    | 25.00       | 2:30:36       | 6:01            | 5           | 14:54          | 28          | 42:40         | 75.00         | 7:41:55       | 6:09            | 3           | 42:43          | 11         | 1:37:14       |
| Fröttstädt       | 25.00       | 2:19:21       | 5:34            | 1           | -              | 8           | 28:16         | 100.00        | 10:01:16      | 6:00            | 3           | 38:34          | 11         | 2:05:30       |