



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig
Number: 33

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 14:10:12

Speed: 7.06 km/h
Running performance: 8:30 min/km

Rank in course/Total: 191 (of 272)

Rank in course/Men: 169 (of 235)

Best time in course: 7:55:46

Rank in category: 43(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Glasbachwiese	25.00	3:39:59	8:47	50	1:11:14	197	1:28:12	25.00	3:39:59	8:47	17	6:48	181	1:28:12				
Floh-Seligenthal	25.00	3:34:37	8:35	47	1:16:08	178	1:29:39	50.00	7:14:36	8:41	17	13:31	178	2:57:51				
Finsterbergen	25.00	3:40:51	8:50	46	1:49:41	191	1:52:55	75.00	10:55:27	8:44	16	29:38	170	4:50:46				
Fröttstädt	25.00	3:14:45	7:47	26	1:15:57	119	1:23:40	100.00	14:10:12	8:30	43	5:31:32	169	6:14:26				