



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Gladasch, Gerd

Club: Memler / LG Mauerweg  
Number: 238

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 14:11:49

Speed: 7.04 km/h  
Running performance: 8:31 min/km

Rank in course/Total: 193 (of 272)

Rank in course/Men: 171 (of 235)

Best time in course: 7:55:46

Rank in category: 45(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:46:20	9:03	53	1:17:35	215	1:34:33	25.00	3:46:20	9:03	19	13:09	183	1:34:33
Floh-Seligenthal	25.00	3:32:42	8:30	44	1:14:13	170	1:27:44	50.00	7:19:02	8:46	19	17:57	180	3:02:17
Finsterbergen	25.00	3:24:24	8:10	37	1:33:14	162	1:36:28	75.00	10:43:26	8:34	18	17:37	172	4:38:45
Fröttstädt	25.00	3:28:23	8:20	35	1:29:35	153	1:37:18	100.00	14:11:49	8:31	45	5:33:09	171	6:16:03