



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Koenig, Jörg

Club: 100 Marathonclub
Number: 74

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M60 (60-64 Jahre)

Total time: 14:14:45

Speed: 7.02 km/h
Running performance: 8:33 min/km

Rank in course/Total: 197 (of 272)

Rank in course/Men: 175 (of 235)

Best time in course: 7:55:46

Rank in category: 6(of 10)

Best time in the category: 11:10:32

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	3:40:51	8:50	7	47:00	203	1:29:04	25.00	3:40:51	8:50	7	47:00	187	1:29:04
Floh-Seligenthal	25.00	3:48:24	9:08	7	59:54	202	1:43:26	50.00	7:29:15	8:59	7	1:46:54	184	3:12:30
Finsterbergen	25.00	3:16:19	7:51	3	38:52	141	1:28:23	75.00	10:45:34	8:36	6	2:25:46	176	4:40:53
Fröttstädt	25.00	3:29:11	8:22	4	38:27	154	1:38:06	100.00	14:14:45	8:32	6	3:04:13	175	6:18:59