



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Matthes, Bodo

Club: LC RON-HILL Berlin e.V.
Number: 141

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:15:11

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

Rank in course/Total: 199 (of 272)

Rank in course/Men: 176 (of 235)

Best time in course: 7:55:46

Rank in category: 40(of 54)

Best time in the category: 9:26:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:48:37	9:08	52	1:21:57	219	1:36:50	25.00	3:48:37	9:08	17	21:43	188	1:36:50
Floh-Seligenthal	25.00	3:39:18	8:46	43	1:12:07	188	1:34:20	50.00	7:27:55	8:57	17	32:58	185	3:11:10
Finsterbergen	25.00	3:24:25	8:10	38	1:10:07	163	1:36:29	75.00	10:52:20	8:41	16	36:14	177	4:47:39
Fröttstädt	25.00	3:22:51	8:06	32	1:10:51	132	1:31:46	100.00	14:15:11	8:33	40	4:48:27	176	6:19:25