



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund
Number: 36

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M35 (35-39 Jahre)

Total time: 14:15:52

Speed: 7.01 km/h
Running performance: 8:34 min/km

Rank in course/Total: 200 (of 272)

Rank in course/Men: 177 (of 235)

Best time in course: 7:55:46

Rank in category: 18(of 23)

Best time in the category: 7:55:46

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	3:34:19	8:34	20	1:22:32	186	1:22:32	25.00	3:34:19	8:34	5	3:25	189	1:22:32
Floh-Seligenthal	25.00	3:31:18	8:27	19	1:26:20	165	1:26:20	50.00	7:05:37	8:30	5		186	2:48:52
Finsterbergen	25.00	3:30:00	8:24	18	1:42:04	181	1:42:04	75.00	10:35:37	8:28	5	1:47:19	178	4:30:56
Fröttstädt	25.00	3:40:15	8:48	20	1:49:10	178	1:49:10	100.00	14:15:52	8:33	18	6:20:06	177	6:20:06