



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Kirchhoff, Jörg

Club: Ffw Banteln
Number: 76

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:16:06

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

Rank in course/Total: 201 (of 272)

Rank in course/Men: 178 (of 235)

Best time in course: 7:55:46

Rank in category: 41(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Glasbachwiese	25.00	3:44:29	8:58	50	1:17:49	212	1:32:42	25.00	3:44:29	8:58	18	17:35	190	1:32:42				
Floh-Seligenthal	25.00	3:42:44	8:54	45	1:15:33	195	1:37:46	50.00	7:27:13	8:56	18	32:16	187	3:10:28				
Finsterbergen	25.00	3:20:50	8:01	34	1:06:32	153	1:32:54	75.00	10:48:03	8:38	17	31:57	179	4:43:22				
Fröttstädt	25.00	3:28:03	8:19	35	1:16:03	151	1:36:58	100.00	14:16:06	8:33	41	4:49:22	178	6:20:20				