



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Kalinowski, Bernd

Club: Team Hanka  
Number: 115

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M35 (35-39 Jahre)

Total time: 14:18:02

Speed: 6.99 km/h  
Running performance: 8:35 min/km

Rank in course/Total: 204 (of 272)

Rank in course/Men: 179 (of 235)

Best time in course: 7:55:46

Rank in category: 19(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	3:39:11	8:46	22	1:27:24	196	1:27:24	25.00	3:39:11	8:46	4	8:17	192	1:27:24
Floh-Seligenthal	25.00	3:42:00	8:52	20	1:37:02	194	1:37:02	50.00	7:21:11	8:49	4	1:44	189	3:04:26
Finsterbergen	25.00	3:33:37	8:32	19	1:45:41	184	1:45:41	75.00	10:54:48	8:43	4	2:06:30	181	4:50:07
Fröttstädt	25.00	3:23:14	8:07	17	1:32:09	133	1:32:09	100.00	14:18:02	8:34	19	6:22:16	179	6:22:16