



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Gnoyke, Matthias

Club: Team-Erdinger-Alkoholfrei
Number: 96

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 14:18:45

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

Rank in course/Total: 205 (of 272)

Rank in course/Men: 181 (of 235)

Best time in course: 7:55:46

Rank in category: 31(of 34)

Best time in the category: 9:06:44

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	3:25:41	8:13	29	1:03:39	158	1:13:54	25.00	3:25:41	8:13	14	16:40	193	1:13:54
Floh-Seligenthal	25.00	3:21:17	8:03	26	1:03:41	135	1:16:19	50.00	6:46:58	8:08	14		190	2:30:13
Finsterbergen	25.00	3:49:55	9:11	32	1:41:29	200	2:01:59	75.00	10:36:53	8:29	14	24:08	182	4:32:12
Fröttstädt	25.00	3:41:52	8:52	30	1:28:38	179	1:50:47	100.00	14:18:45	8:35	31	5:12:01	181	6:22:59