



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Muschinski, Steffen

Club: Bautzener LV Rot-Weiß 90
Number: 187

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:03:13

Speed: 9.95 km/h
Running performance: 6:02 min/km

Rank in course/Total: 16 (of 272)

Rank in course/Men: 16 (of 235)

Best time in course: 7:55:46

Rank in category: 5(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.	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	2:34:11	6:10	4	12:09	24	22:24	25.00	2:34:11	6:10	21		21	22:24
Floh-Seligenthal	25.00	2:32:41	6:06	4	15:05	16	27:43	50.00	5:06:52	6:08	21		18	50:07
Finsterbergen	25.00	2:26:08	5:50	6	17:42	19	38:12	75.00	7:33:00	6:02	21		13	1:28:19
Fröttstädt	25.00	2:30:13	6:00	6	16:59	19	39:08	100.00	10:03:13	6:01	5	56:29	16	2:07:27