



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Junker, Gerd

Club: 100 Marathon Club
Number: 42

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:27:13

Speed: 6.92 km/h
Running performance: 8:40 min/km

Rank in course/Total: 212 (of 272)

Rank in course/Men: 186 (of 235)

Best time in course: 7:55:46

Rank in category: 21(of 30)

Best time in the category: 10:18:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	3:30:51	8:26	19	57:03	177	1:19:04	25.00	3:30:51	8:26	10		198	1:19:04
Floh-Seligenthal	25.00	3:40:54	8:50	22	56:20	189	1:35:56	50.00	7:11:45	8:38	10	12:41	195	2:55:00
Finsterbergen	25.00	3:36:36	8:39	22	1:12:13	187	1:48:40	75.00	10:48:21	8:38	10	48:27	187	4:43:40
Fröttstädt	25.00	3:38:52	8:45	20	1:09:14	175	1:47:47	100.00	14:27:13	8:40	21	4:08:55	186	6:31:27