



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Knauer, Daniel

Club: Brockenlaufverein Ilsenburg
Number: 227

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M35 (35-39 Jahre)

Total time: 10:03:08

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

Rank in course/Total: 14 (of 272)

Rank in course/Men: 13 (of 235)

Best time in course: 7:55:46

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:28:43	5:56	3	16:56	8	16:56	25.00	2:28:43	5:56	22		23	16:56
Floh-Seligenthal	25.00	2:36:50	6:16	3	31:52	24	31:52	50.00	5:05:33	6:06	22		20	48:48
Finsterbergen	25.00	2:28:38	5:56	3	40:42	24	40:42	75.00	7:34:11	6:03	21		15	1:29:30
Fröttstädt	25.00	2:28:57	5:57	2	37:52	17	37:52	100.00	10:03:08	6:01	2	2:07:22	13	2:07:22