



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Ley, Helmut

Club: Duisburg
Number: 248

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M65 (65-69 Jahre)

Total time: 15:12:19

Speed: 6.58 km/h
Running performance: 9:07 min/km

Rank in course/Total: 227 (of 272)

Rank in course/Men: 199 (of 235)

Best time in course: 7:55:46

Rank in category: 2(of 2)

Best time in the category: 13:51:03

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	3:52:40	9:18	2	23:54	225	1:40:53	25.00	3:52:40	9:18	2	23:54	211	1:40:53
Floh-Seligenthal	25.00	3:41:36	8:51	2	9:25	191	1:36:38	50.00	7:34:16	9:05	2	33:19	208	3:17:31
Finsterbergen	25.00	3:29:18	8:22	2	6:30	180	1:41:22	75.00	11:03:34	8:50	2	39:49	200	4:58:53
Fröttstädt	25.00	4:08:45	9:56	2	41:27	203	2:17:40	100.00	15:12:19	9:07	2	1:21:16	199	7:16:33