



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Karakus, Nusret

Club: Helios iron team  
Number: 262

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 15:25:19

Speed: 6.48 km/h  
Running performance: 9:15 min/km

Rank in course/Total: 229 (of 272)

Rank in course/Men: 201 (of 235)

Best time in course: 7:55:46

Rank in category: 50(of 58)

Best time in the category: 8:38:40

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	3:26:58	8:16	37	58:13	161	1:15:11	25.00	3:26:58	8:16	24		213	1:15:11
Floh-Seligenthal	25.00	3:54:10	9:22	51	1:35:41	210	1:49:12	50.00	7:21:08	8:49	24	20:03	210	3:04:23
Finsterbergen	25.00	3:53:36	9:20	50	2:02:26	203	2:05:40	75.00	11:14:44	8:59	23	48:55	202	5:10:03
Fröttstädt	25.00	4:10:35	10:01	49	2:11:47	204	2:19:30	100.00	15:25:19	9:15	50	6:46:39	201	7:29:33