



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Kohlbrok, Michael

Club: streakrunner.de

Number: 61

Course: 100.00 km

Thüringen Ultra

Category:

Senioren M45 (45-49 Jahre)

Total time: 15:27:51

Speed: 6.47 km/h

Running performance: 9:17 min/km

Rank in course/Total: 230 (of 272)

Rank in course/Men: 202 (of 235)

Best time in course: 7:55:46

Rank in category: 47(of 54)

Best time in the category: 9:26:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Glasbachwiese	25.00	3:19:50	7:59	33	53:10	137	1:08:03	25.00	3:19:50	7:59	24		214	1:08:03	
Floh-Seligenthal	25.00	3:59:05	9:33	50	1:31:54	213	1:54:07	50.00	7:18:55	8:46	24	23:58	211	3:02:10	
Finsterbergen	25.00	4:23:38	10:32	51	2:09:20	220	2:35:42	75.00	11:42:33	9:22	23	1:26:27	203	5:37:52	
Fröttstädt	25.00	3:45:18	9:00	41	1:33:18	182	1:54:13	100.00	15:27:51	9:16	47	6:01:07	202	7:32:05	