



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Thomas, Bernd

Club: MSV Eintracht Halberstadt
Number: 223

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:03:08

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

Rank in course/Total: 15 (of 272)

Rank in course/Men: 13 (of 235)

Best time in course: 7:55:46

Rank in category: 2(of 58)

Best time in the category: 8:38:40

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	2:28:45	5:57	1	-	10	16:58	25.00	2:28:45	5:57	34		24	16:58
Floh-Seligenthal	25.00	2:36:48	6:16	5	18:19	23	31:50	50.00	5:05:33	6:06	33		20	48:48
Finsterbergen	25.00	2:26:14	5:50	3	35:04	21	38:18	75.00	7:31:47	6:01	30		16	1:27:06
Fröttstädt	25.00	2:31:21	6:03	3	32:33	23	40:16	100.00	10:03:08	6:01	2	1:24:28	13	2:07:22