



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: ULTRARUNNER-TEAM.de  
Number: 79

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 15:49:17

Speed: 6.32 km/h  
Running performance: 9:29 min/km

Rank in course/Total: 236 (of 272)

Rank in course/Men: 206 (of 235)

Best time in course: 7:55:46

Rank in category: 33(of 34)

Best time in the category: 9:06:44

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 25.00       | 3:40:02       | 8:48            | 30          | 1:18:00        | 198         | 1:28:15       | 25.00         | 3:40:02       | 8:48            | 16          | 31:01          | 217        | 1:28:15       |
| Floh-Seligenthal | 25.00       | 3:38:58       | 8:45            | 32          | 1:21:22        | 186         | 1:34:00       | 50.00         | 7:19:00       | 8:46            | 16          | 31:06          | 214        | 3:02:15       |
| Finsterbergen    | 25.00       | 4:25:14       | 10:36           | 34          | 2:16:48        | 221         | 2:37:18       | 75.00         | 11:44:14      | 9:23            | 16          | 1:31:29        | 206        | 5:39:33       |
| Fröttstädt       | 25.00       | 4:05:03       | 9:48            | 33          | 1:51:49        | 199         | 2:13:58       | 100.00        | 15:49:17      | 9:29            | 33          | 6:42:33        | 206        | 7:53:31       |