



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Rudig, Frank

Club: LTF Marpingen
Number: 228

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 15:55:59

Speed: 6.28 km/h
Running performance: 9:34 min/km

Rank in course/Total: 238 (of 272)

Rank in course/Men: 207 (of 235)

Best time in course: 7:55:46

Rank in category: 48(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	3:41:09	8:50	47	1:14:29	205	1:29:22	25.00	3:41:09	8:50	25	14:15	219	1:29:22
Floh-Seligenthal	25.00	4:00:59	9:38	51	1:33:48	218	1:56:01	50.00	7:42:08	9:14	25	47:11	216	3:25:23
Finsterbergen	25.00	3:56:27	9:27	49	1:42:09	205	2:08:31	75.00	11:38:35	9:18	24	1:22:29	208	5:33:54
Fröttstädt	25.00	4:17:24	10:17	47	2:05:24	208	2:26:19	100.00	15:55:59	9:33	48	6:29:15	207	8:00:13