



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Frank, Rolf

Club: 100 MC Deutschland
Number: 123

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M75 (75 und älter)

Total time: 17:17:45

Speed: 5.78 km/h
Running performance: 10:23 min/km

Rank in course/Total: 254 (of 272)

Rank in course/Men: 219 (of 235)

Best time in course: 7:55:46

Rank in category: 1(of 1)

Best time in the category: 17:17:45

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	4:07:53	9:54	1	-	233	1:56:06	25.00	4:07:53	9:54	1	-	231	1:56:06
Floh-Seligenthal	25.00	4:42:17	11:17	1	-	229	2:37:19	50.00	8:50:10	10:36	1	-	228	4:33:25
Finsterbergen	25.00	4:01:12	9:38	1	-	208	2:13:16	75.00	12:51:22	10:17	1	-	220	6:46:41
Fröttstädt	25.00	4:26:23	10:39	1	-	212	2:35:18	100.00	17:17:45	10:22	1	-	219	9:21:59