



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Prüfer, Gaston

Club: LG Mauerweg Berlin
Number: 240

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M35 (35-39 Jahre)

Total time: 10:06:43

Speed: 9.89 km/h
Running performance: 6:04 min/km

Rank in course/Total: 18 (of 272)

Rank in course/Men: 18 (of 235)

Best time in course: 7:55:46

Rank in category: 3(of 23)

Best time in the category: 7:55:46

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	2:33:38	6:08	4	21:51	20	21:51	25.00	2:33:38	6:08	21		26	21:51
Floh-Seligenthal	25.00	2:33:05	6:07	2	28:07	17	28:07	50.00	5:06:43	6:08	21		23	49:58
Finsterbergen	25.00	2:27:18	5:53	2	39:22	23	39:22	75.00	7:34:01	6:03	20		18	1:29:20
Fröttstädt	25.00	2:32:42	6:06	4	41:37	26	41:37	100.00	10:06:43	6:04	3	2:10:57	18	2:10:57