



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Okroy, Robert

Club: Braunschweig
Number: 288

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M35 (35-39 Jahre)

Total time: 17:45:04

Speed: 5.63 km/h
Running performance: 10:39 min/km

Rank in course/Total: 257 (of 272)

Rank in course/Men: 221 (of 235)

Best time in course: 7:55:46

Rank in category: 21(of 23)

Best time in the category: 7:55:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	4:05:33	9:49	23	1:53:46	232	1:53:46	25.00	4:05:33	9:49	2	34:39	233	1:53:46
Floh-Seligenthal	25.00	4:17:17	10:17	23	2:12:19	221	2:12:19	50.00	8:22:50	10:03	2	1:03:23	229	4:06:05
Finsterbergen	25.00	4:35:15	11:00	21	2:47:19	222	2:47:19	75.00	12:58:05	10:22	2	4:09:47	222	6:53:24
Fröttstädt	25.00	4:46:59	11:28	21	2:55:54	219	2:55:54	100.00	17:45:04	10:39	21	9:49:18	221	9:49:18