



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: Klemme AG Nordhausen  
Number: 256

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 10:07:44

Speed: 9.87 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 20 (of 272)

Rank in course/Men: 20 (of 235)

Best time in course: 7:55:46

Rank in category: 6(of 34)

Best time in the category: 9:06:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	2:44:13	6:34	11	22:11	39	32:26	25.00	2:44:13	6:34	23		28	32:26
Floh-Seligenthal	25.00	2:35:08	6:12	7	17:32	21	30:10	50.00	5:19:21	6:23	23		24	1:02:36
Finsterbergen	25.00	2:23:28	5:44	4	15:02	13	35:32	75.00	7:42:49	6:10	23		20	1:38:08
Fröttstädt	25.00	2:24:55	5:47	4	11:41	15	33:50	100.00	10:07:44	6:04	6	1:01:00	20	2:11:58