



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Czogalla, Sascha

Club: velosophen.de  
Number: 198

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 10:08:07

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

Rank in course/Total: 21 (of 272)

Rank in course/Men: 21 (of 235)

Best time in course: 7:55:46

Rank in category: 7(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 | 2:31:16 | 6:03   | 3    | 9:14   | 14  | 19:29  | 25.00  | 2:31:16  | 6:03   | 24   |         | 29  | 19:29   |
| Floh-Seligenthal | 25.00 | 2:34:18 | 6:10   | 6    | 16:42  | 19  | 29:20  | 50.00  | 5:05:34  | 6:06   | 24   |         | 26  | 48:49   |
| Finsterbergen    | 25.00 | 2:25:16 | 5:48   | 5    | 16:50  | 17  | 37:20  | 75.00  | 7:30:50  | 6:00   | 24   |         | 21  | 1:26:09 |
| Fröttstädt       | 25.00 | 2:37:17 | 6:17   | 9    | 24:03  | 37  | 46:12  | 100.00 | 10:08:07 | 6:04   | 7    | 1:01:23 | 21  | 2:12:21 |