



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Leyendecker, Rainer

Club: RSLC Holzkirchen
Number: 273

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 10:18:18

Speed: 9.70 km/h
Running performance: 6:11 min/km

Rank in course/Total: 24 (of 272)

Rank in course/Men: 24 (of 235)

Best time in course: 7:55:46

Rank in category: 1(of 30)

Best time in the category: 10:18:18

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	2:33:48	6:09	1	-	23	22:01	25.00	2:33:48	6:09	16		32	22:01
Floh-Seligenthal	25.00	2:45:27	6:37	2	0:53	38	40:29	50.00	5:19:15	6:23	16		29	1:02:30
Finsterbergen	25.00	2:29:25	5:58	2	5:02	25	41:29	75.00	7:48:40	6:14	16		24	1:43:59
Fröttstädt	25.00	2:29:38	5:59	1	-	18	38:33	100.00	10:18:18	6:10	1	-	24	2:22:32