



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Frenz, Michael

Club: LG Mauerweg e.V.
Number: 145

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:32:53

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 30 (of 272)

Rank in course/Men: 29 (of 235)

Best time in course: 7:55:46

Rank in category: 8(of 34)

Best time in the category: 9:06:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:24:05	5:45	2	2:03	6	12:18	25.00	2:24:05	5:45	25		37	12:18
Floh-Seligenthal	25.00	2:50:56	6:50	14	33:20	55	45:58	50.00	5:15:01	6:18	25		34	58:16
Finsterbergen	25.00	2:33:31	6:08	9	25:05	36	45:35	75.00	7:48:32	6:14	25		29	1:43:51
Fröttstädt	25.00	2:44:21	6:34	14	31:07	52	53:16	100.00	10:32:53	6:19	8	1:26:09	29	2:37:07