



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Höschele, Jochen

Club: EK Schwaikheim  
Number: 211

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:35:12

Speed: 9.45 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 32 (of 272)

Rank in course/Men: 31 (of 235)

Best time in course: 7:55:46

Rank in category: 4(of 54)

Best time in the category: 9:26:44

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	2:44:35	6:35	10	17:55	42	32:48	25.00	2:44:35	6:35	33		39	32:48
Floh-Seligenthal	25.00	2:46:09	6:38	6	18:58	39	41:11	50.00	5:30:44	6:36	32		36	1:13:59
Finsterbergen	25.00	2:29:52	5:59	4	15:34	27	41:56	75.00	8:00:36	6:24	30		31	1:55:55
Fröttstädt	25.00	2:34:36	6:11	7	22:36	34	43:31	100.00	10:35:12	6:21	4	1:08:28	31	2:39:26