



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Dell, Fred

Club: Rennsteig Team
Number: 11

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:36:00

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 33 (of 272)

Rank in course/Men: 32 (of 235)

Best time in course: 7:55:46

Rank in category: 7(of 58)

Best time in the category: 8:38:40

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	2:47:46	6:42	10	19:01	50	35:59	25.00	2:47:46	6:42	39		41	35:59
Floh-Seligenthal	25.00	2:39:26	6:22	6	20:57	27	34:28	50.00	5:27:12	6:32	38		38	1:10:27
Finsterbergen	25.00	2:35:11	6:12	8	44:01	38	47:15	75.00	8:02:23	6:25	35		33	1:57:42
Fröttstädt	25.00	2:33:37	6:08	6	34:49	32	42:32	100.00	10:36:00	6:21	7	1:57:20	32	2:40:14