



7. Thüringen ULTRA

Fröttstädt / 06.07.2013

Detailed evaluation

Unterberg, Ralf

Club: R.C. Radlexpress Feucht e.V.
Number: 253

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:38:13

Speed: 9.40 km/h
Running performance: 6:23 min/km

Rank in course/Total: 35 (of 272)

Rank in course/Men: 34 (of 235)

Best time in course: 7:55:46

Rank in category: 6(of 54)

Best time in the category: 9:26:44

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	2:33:46	6:09	6	7:06	21	21:59	25.00	2:33:46	6:09	35		16	21:59
Floh-Seligenthal	25.00	2:54:47	6:59	12	27:36	63	49:49	50.00	5:28:33	6:34	34		39	1:11:48
Finsterbergen	25.00	2:37:16	6:17	9	22:58	46	49:20	75.00	8:05:49	6:28	32		34	2:01:08
Fröttstädt	25.00	2:32:24	6:05	3	20:24	25	41:19	100.00	10:38:13	6:22	6	1:11:29	34	2:42:27