



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Ritzka, Roman

Club: Harzer Ultra Running Team
Number: 206

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:44:55

Speed: 9.30 km/h
Running performance: 6:27 min/km

Rank in course/Total: 41 (of 272)

Rank in course/Men: 40 (of 235)

Best time in course: 7:55:46

Rank in category: 10(of 34)

Best time in the category: 9:06:44

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	2:40:17	6:24	8	18:15	35	28:30	25.00	2:40:17	6:24	18		48	28:30
Floh-Seligenthal	25.00	2:44:46	6:35	8	27:10	37	39:48	50.00	5:25:03	6:30	18		45	1:08:18
Finsterbergen	25.00	2:33:02	6:07	8	24:36	33	45:06	75.00	7:58:05	6:22	18		40	1:53:24
Fröttstädt	25.00	2:46:50	6:40	16	33:36	58	55:45	100.00	10:44:55	6:26	10	1:38:11	40	2:49:09