



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Schliwa, Sebastian

Club: Team tempus-webdesign.de
Number: 266

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 10:47:23

Speed: 9.27 km/h
Running performance: 6:28 min/km

Rank in course/Total: 44 (of 272)

Rank in course/Men: 42 (of 235)

Best time in course: 7:55:46

Rank in category: 6(of 15)

Best time in the category: 9:22:42

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	2:54:44	6:59	7	32:17	69	42:57	25.00	2:54:44	6:59	7		49	42:57
Floh-Seligenthal	25.00	2:43:47	6:33	6	25:42	35	38:49	50.00	5:38:31	6:46	6	57:59	46	1:21:46
Finsterbergen	25.00	2:24:03	5:45	3	8:21	15	36:07	75.00	8:02:34	6:26	6	1:03:22	41	1:57:53
Fröttstädt	25.00	2:44:49	6:35	6	25:28	53	53:44	100.00	10:47:23	6:28	6	1:24:41	42	2:51:37