



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

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Club: Velbert  
Number: 230

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 10:48:11

Speed: 9.26 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 45 (of 272)

Rank in course/Men: 43 (of 235)

Best time in course: 7:55:46

Rank in category: 9(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	2:53:48	6:57	14	25:03	66	42:01	25.00	2:53:48	6:57	41		50	42:01
Floh-Seligenthal	25.00	2:51:18	6:51	11	32:49	56	46:20	50.00	5:45:06	6:54	40		47	1:28:21
Finsterbergen	25.00	2:31:09	6:02	6	39:59	30	43:13	75.00	8:16:15	6:36	37		42	2:11:34
Fröttstädt	25.00	2:31:56	6:04	4	33:08	24	40:51	100.00	10:48:11	6:28	9	2:09:31	43	2:52:25