



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 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	2:53:48	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