



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Plötner, Michael

Club: SV Hermsdorf  
Number: 163

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:53:14

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 48 (of 272)

Rank in course/Men: 45 (of 235)

Best time in course: 7:55:46

Rank in category: 8(of 54)

Best time in the category: 9:26:44

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	2:49:37	6:47	12	22:57	56	37:50	25.00	2:49:37	6:47	37		53	37:50
Floh-Seligenthal	25.00	2:54:56	6:59	13	27:45	64	49:58	50.00	5:44:33	6:53	36		50	1:27:48
Finsterbergen	25.00	2:35:09	6:12	6	20:51	37	47:13	75.00	8:19:42	6:39	34		45	2:15:01
Fröttstädt	25.00	2:33:32	6:08	6	21:32	31	42:27	100.00	10:53:14	6:31	8	1:26:30	45	2:57:28