



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Niestroj, André Johannes

Club: Otternasen

Number: 57

Course: 100.00 km

Thüringen Ultra

Category:

Senioren M45 (45-49 Jahre)

Total time: 10:59:45

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 49 (of 272)

Rank in course/Men: 46 (of 235)

Best time in course: 7:55:46

Rank in category: 9(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	2:53:42	6:56	13	27:02	65	41:55	25.00	2:53:42	6:56	39		55	41:55
Floh-Seligenthal	25.00	2:51:55	6:52	10	24:44	60	46:57	50.00	5:45:37	6:54	38		52	1:28:52
Finsterbergen	25.00	2:41:25	6:27	12	27:07	56	53:29	75.00	8:27:02	6:45	36		47	2:22:21
Fröttstädt	25.00	2:32:43	6:06	4	20:43	27	41:38	100.00	10:59:45	6:35	9	1:33:01	46	3:03:59