



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Aust, Frank

Club: Die Otternasen
Number: 30

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:00:34

Speed: 9.08 km/h
Running performance: 6:37 min/km

Rank in course/Total: 51 (of 272)

Rank in course/Men: 48 (of 235)

Best time in course: 7:55:46

Rank in category: 12(of 34)

Best time in the category: 9:06:44

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	2:53:40	6:56	15	31:38	64	41:53	25.00	2:53:40	6:56	29		57	41:53
Floh-Seligenthal	25.00	2:50:42	6:49	13	33:06	52	45:44	50.00	5:44:22	6:53	29		54	1:27:37
Finsterbergen	25.00	2:47:49	6:42	17	39:23	72	59:53	75.00	8:32:11	6:49	29		49	2:27:30
Fröttstädt	25.00	2:28:23	5:56	5	15:09	16	37:18	100.00	11:00:34	6:36	12	1:53:50	48	3:04:48