



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 |