



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Fanslau, Thomas

Club: LG Mauerweg Berlin  
Number: 44

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:10:00

Speed: 8.96 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 54 (of 272)

Rank in course/Men: 51 (of 235)

Best time in course: 7:55:46

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:48:38	6:44	13	26:36	54	36:51	25.00	2:48:38	6:44	30		60	36:51
Floh-Seligenthal	25.00	2:56:44	7:04	16	39:08	73	51:46	50.00	5:45:22	6:54	30		57	1:28:37
Finsterbergen	25.00	2:40:30	6:25	13	32:04	54	52:34	75.00	8:25:52	6:44	30		52	2:21:11
Fröttstädt	25.00	2:44:08	6:33	13	30:54	51	53:03	100.00	11:10:00	6:42	13	2:03:16	51	3:14:14