



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Jezewski, Gerd

Club: Apfelstädt  
Number: 217

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M55 (55-59 Jahre)

Total time: 11:10:17

Speed: 8.95 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 56 (of 272)

Rank in course/Men: 53 (of 235)

Best time in course: 7:55:46

Rank in category: 4(of 30)

Best time in the category: 10:18:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	2:44:25	6:34	3	10:37	41	32:38	25.00	2:44:25	6:34	27		62	32:38
Floh-Seligenthal	25.00	2:51:36	6:51	5	7:02	59	46:38	50.00	5:36:01	6:43	27		59	1:19:16
Finsterbergen	25.00	2:44:28	6:34	5	20:05	68	56:32	75.00	8:20:29	6:40	27		54	2:15:48
Fröttstädt	25.00	2:49:48	6:47	6	20:10	67	58:43	100.00	11:10:17	6:42	4	51:59	53	3:14:31