



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen  
Number: 188

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:17:48

Speed: 8.85 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 61 (of 272)

Rank in course/Men: 58 (of 235)

Best time in course: 7:55:46

Rank in category: 15(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Glasbachwiese	25.00	3:11:03	7:38	23	49:01	108	59:16	25.00	3:11:03	7:38	32	2:02	65	59:16			
Floh-Seligenthal	25.00	2:49:15	6:46	10	31:39	46	44:17	50.00	6:00:18	7:12	32		55	1:43:33			
Finsterbergen	25.00	2:37:43	6:18	12	29:17	49	49:47	75.00	8:38:01	6:54	32		57	2:33:20			
Fröttstädt	25.00	2:39:47	6:23	11	26:33	44	48:42	100.00	11:17:48	6:46	15	2:11:04	58	3:22:02			