



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Münster, Bernward

Club: Köln  
Number: 239

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:23:08

Speed: 8.78 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 63 (of 272)

Rank in course/Men: 60 (of 235)

Best time in course: 7:55:46

Rank in category: 13(of 54)

Best time in the category: 9:26:44

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	2:38:47	6:21	8	12:07	33	27:00	25.00	2:38:47	6:21	43		67	27:00
Floh-Seligenthal	25.00	2:56:58	7:04	15	29:47	74	52:00	50.00	5:35:45	6:42	42		64	1:19:00
Finsterbergen	25.00	2:40:24	6:24	10	26:06	53	52:28	75.00	8:16:09	6:36	27		59	2:11:28
Fröttstädt	25.00	3:06:59	7:28	21	54:59	97	1:15:54	100.00	11:23:08	6:49	13	1:56:24	60	3:27:22