



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Schröder, Heinz

Club: o. V.

Number: 178

Course: 100.00 km

Thüringen Ultra

Category:

Senioren M55 (55-59 Jahre)

Total time: 11:24:14

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 65 (of 272)

Rank in course/Men: 62 (of 235)

Best time in course: 7:55:46

Rank in category: 5(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	2:58:06	7:07	5	24:18	75	46:19	25.00	2:58:06	7:07	26		69	46:19
Floh-Seligenthal	25.00	2:49:19	6:46	4	4:45	48	44:21	50.00	5:47:25	6:56	26		66	1:30:40
Finsterbergen	25.00	2:42:34	6:30	4	18:11	61	54:38	75.00	8:29:59	6:47	26		61	2:25:18
Fröttstädt	25.00	2:54:15	6:58	8	24:37	73	1:03:10	100.00	11:24:14	6:50	5	1:05:56	62	3:28:28