



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Ziehm, Udo

Club: Potsdam
Number: 25

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:25:04

Speed: 8.76 km/h
Running performance: 6:51 min/km

Rank in course/Total: 66 (of 272)

Rank in course/Men: 63 (of 235)

Best time in course: 7:55:46

Rank in category: 12(of 58)

Best time in the category: 8:38:40

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	2:51:43	6:52	13	22:58	62	39:56	25.00	2:51:43	6:52	44		70	39:56
Floh-Seligenthal	25.00	2:51:32	6:51	12	33:03	57	46:34	50.00	5:43:15	6:51	43		67	1:26:30
Finsterbergen	25.00	2:44:22	6:34	12	53:12	64	56:26	75.00	8:27:37	6:46	40		62	2:22:56
Fröttstädt	25.00	2:57:27	7:05	14	58:39	78	1:06:22	100.00	11:25:04	6:51	12	2:46:24	63	3:29:18