



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Gähler, Marek

Club: GVW Annaberg
Number: 174

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 11:28:59

Speed: 8.71 km/h
Running performance: 6:53 min/km

Rank in course/Total: 68 (of 272)

Rank in course/Men: 65 (of 235)

Best time in course: 7:55:46

Rank in category: 7(of 15)

Best time in the category: 9:22:42

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	3:20:05	8:00	11	57:38	141	1:08:18	25.00	3:20:05	8:00	8	22:07	73	1:08:18
Floh-Seligenthal	25.00	2:51:35	6:51	7	33:30	58	46:37	50.00	6:11:40	7:26	7	1:31:08	70	1:54:55
Finsterbergen	25.00	2:37:42	6:18	6	22:00	48	49:46	75.00	8:49:22	7:03	7	1:50:10	65	2:44:41
Fröttstädt	25.00	2:39:37	6:23	5	20:16	43	48:32	100.00	11:28:59	6:53	7	2:06:17	65	3:33:13