



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

de Boer, Tabe

Club: Arnhem
Number: 202

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M35 (35-39 Jahre)

Total time: 11:29:52

Speed: 8.70 km/h
Running performance: 6:54 min/km

Rank in course/Total: 69 (of 272)

Rank in course/Men: 66 (of 235)

Best time in course: 7:55:46

Rank in category: 8(of 23)

Best time in the category: 7:55:46

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	25.00	2:47:58	6:43	7	36:11	51	36:11	25.00	2:47:58	6:43	17		74	36:11
Floh-Seligenthal	25.00	2:58:46	7:09	12	53:48	79	53:48	50.00	5:46:44	6:56	17		71	1:29:59
Finsterbergen	25.00	2:51:20	6:51	13	1:03:24	80	1:03:24	75.00	8:38:04	6:54	16		66	2:33:23
Fröttstädt	25.00	2:51:48	6:52	11	1:00:43	69	1:00:43	100.00	11:29:52	6:53	8	3:34:06	66	3:34:06