



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Wooßmann, Frank

Club: Lauffreunde Osterholz  
Number: 150

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:34:25

Speed: 8.64 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 72 (of 272)

Rank in course/Men: 69 (of 235)

Best time in course: 7:55:46

Rank in category: 17(of 34)

Best time in the category: 9:06:44

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	2:57:45	7:06	18	35:43	72	45:58	25.00	2:57:45	7:06	34		77	45:58
Floh-Seligenthal	25.00	3:10:05	7:36	21	52:29	106	1:05:07	50.00	6:07:50	7:21	34		74	1:51:05
Finsterbergen	25.00	2:45:11	6:36	16	36:45	69	57:15	75.00	8:53:01	7:06	34		69	2:48:20
Fröttstädt	25.00	2:41:24	6:27	12	28:10	48	50:19	100.00	11:34:25	6:56	17	2:27:41	69	3:38:39