



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Wei, Hermann

Club: Lauffreunde Emsland
Number: 181

Course: 100.00 km
Thringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:38:04

Speed: 8.60 km/h
Running performance: 6:59 min/km

Rank in course/Total: 74 (of 272)

Rank in course/Men: 70 (of 235)

Best time in course: 7:55:46

Rank in category: 15(of 54)

Best time in the category: 9:26:44

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	2:58:06	7:07	15	31:26	75	46:19	25.00	2:58:06	7:07	45		69	46:19
Floh-Seligenthal	25.00	2:49:15	6:46	7	22:04	46	44:17	50.00	5:47:21	6:56	44		75	1:30:36
Finsterbergen	25.00	2:50:07	6:48	16	35:49	75	1:02:11	75.00	8:37:28	6:53	42		70	2:32:47
Frttsttt	25.00	3:00:36	7:13	16	48:36	84	1:09:31	100.00	11:38:04	6:58	15	2:11:20	70	3:42:18