



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Stief, Alexander

Club: geSTIEFelter Kater
Number: 127

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M35 (35-39 Jahre)

Total time: 11:42:29

Speed: 8.54 km/h
Running performance: 7:01 min/km

Rank in course/Total: 76 (of 272)

Rank in course/Men: 71 (of 235)

Best time in course: 7:55:46

Rank in category: 10(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	3:15:27	7:49	14	1:03:40	123	1:03:40	25.00	3:15:27	7:49	14		79	1:03:40
Floh-Seligenthal	25.00	2:56:10	7:02	9	51:12	68	51:12	50.00	6:11:37	7:25	14		76	1:54:52
Finsterbergen	25.00	2:42:22	6:29	9	54:26	59	54:26	75.00	8:53:59	7:07	13	5:41	72	2:49:18
Fröttstädt	25.00	2:48:30	6:44	8	57:25	62	57:25	100.00	11:42:29	7:01	10	3:46:43	71	3:46:43