



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Krause, Volker

Club: Strausberg
Number: 221

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 11:46:06

Speed: 8.50 km/h
Running performance: 7:04 min/km

Rank in course/Total: 78 (of 272)

Rank in course/Men: 73 (of 235)

Best time in course: 7:55:46

Rank in category: 7(of 30)

Best time in the category: 10:18:18

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	3:01:41	7:16	6	27:53	90	49:54	25.00	3:01:41	7:16	24		81	49:54
Floh-Seligenthal	25.00	3:01:25	7:15	6	16:51	87	56:27	50.00	6:03:06	7:15	24		78	1:46:21
Finsterbergen	25.00	2:54:48	6:59	7	30:25	82	1:06:52	75.00	8:57:54	7:10	24		73	2:53:13
Fröttstädt	25.00	2:48:12	6:43	5	18:34	60	57:07	100.00	11:46:06	7:03	7	1:27:48	73	3:50:20