



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Meikstat, Gunnar

Club: Mahlsdorf
Number: 77

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 11:46:18

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 79 (of 272)

Rank in course/Men: 74 (of 235)

Best time in course: 7:55:46

Rank in category: 8(of 15)

Best time in the category: 9:22:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	25.00	2:50:30	6:49	6	28:03	60	38:43	25.00	2:50:30	6:49	9		82	38:43
Floh-Seligenthal	25.00	2:56:16	7:03	8	38:11	70	51:18	50.00	5:46:46	6:56	8	1:06:14	79	1:30:01
Finsterbergen	25.00	2:49:34	6:46	8	33:52	74	1:01:38	75.00	8:36:20	6:53	8	1:37:08	74	2:31:39
Fröttstädt	25.00	3:09:58	7:35	9	50:37	105	1:18:53	100.00	11:46:18	7:03	8	2:23:36	74	3:50:32