



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Flock, Peter

Club: Lauffeuer  
Number: 107

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 9:06:44

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 3 (of 272)

Rank in course/Men: 3 (of 235)

Best time in course: 7:55:46

Rank in category: 1(of 34)

Best time in the category: 9:06:44

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 25.00       | 2:22:02       | 5:40            | 1           | -              | 4           | 10:15         | 25.00         | 2:22:02       | 5:40            | 27          |                | 9          | 10:15         |
| Floh-Seligenthal | 25.00       | 2:17:36       | 5:30            | 1           | -              | 3           | 12:38         | 50.00         | 4:39:38       | 5:35            | 27          |                | 6          | 22:53         |
| Finsterbergen    | 25.00       | 2:13:52       | 5:21            | 3           | 5:26           | 5           | 25:56         | 75.00         | 6:53:30       | 5:30            | 27          |                | 3          | 48:49         |
| Fröttstädt       | 25.00       | 2:13:14       | 5:19            | 1           | -              | 4           | 22:09         | 100.00        | 9:06:44       | 5:28            | 1           | -              | 3          | 1:10:58       |