



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Kraus, Erich

Club: Albzipfel  
Number: 232

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:54:13

Speed: 8.40 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 88 (of 272)

Rank in course/Men: 81 (of 235)

Best time in course: 7:55:46

Rank in category: 16(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	3:21:25	8:03	37	54:45	147	1:09:38	25.00	3:21:25	8:03	46		90	1:09:38
Floh-Seligenthal	25.00	3:07:07	7:29	23	39:56	97	1:02:09	50.00	6:28:32	7:46	45		87	2:11:47
Finsterbergen	25.00	2:44:22	6:34	13	30:04	64	56:26	75.00	9:12:54	7:22	43		81	3:08:13
Fröttstädt	25.00	2:41:19	6:27	10	29:19	47	50:14	100.00	11:54:13	7:08	16	2:27:29	81	3:58:27