



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Siebert, Dirk

Club: LG eXa Leipzig Marathon
Number: 280

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:23:07

Speed: 8.07 km/h
Running performance: 7:26 min/km

Rank in course/Total: 84 (of 272)

Rank in course/Men: 75 (of 232)

Best time in course: 8:54:18

Rank in category: 20(of 47)

Best time in the category: 9:33:21

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	27.39	2:45:07	6:01	12	21:17	34	35:26	27.39	2:45:07	6:01	13		86	35:26
Floh-Seligenthal	27.74	3:01:48	6:33	21	38:57	71	42:31	55.13	5:46:55	6:17	13		86	1:15:12
Finsterbergen	22.03	3:26:42	9:22	33	1:12:17	145	1:20:14	77.16	9:13:37	7:10	43		80	2:29:40
Fröttstädt	22.84	3:09:30	8:17	21	52:01	82	1:05:50	100.00	12:23:07	7:25	20	2:49:46	75	3:28:49