



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Darkow, Stefan

Club: Lauffüchse Niederlehme
Number: 233

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 12:25:22

Speed: 8.05 km/h
Running performance: 7:27 min/km

Rank in course/Total: 91 (of 272)

Rank in course/Men: 82 (of 232)

Best time in course: 8:54:18

Rank in category: 5(of 25)

Best time in the category: 10:20:32

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	27.39	3:07:04	6:49	7	35:10	87	57:23	27.39	3:07:04	6:49	21		90	57:23
Floh-Seligenthal	27.74	3:11:35	6:54	7	35:55	94	52:18	55.13	6:18:39	6:52	21		90	1:46:56
Finsterbergen	22.03	2:54:52	7:56	6	34:05	68	48:24	77.16	9:13:31	7:10	21		84	2:29:34
Fröttstädt	22.84	3:11:51	8:23	11	47:36	89	1:08:11	100.00	12:25:22	7:27	5	2:04:50	82	3:31:04