



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Rzodeczko, Thorsten

Club: Lauffreunde Emsland
Number: 173

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:25:10

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

Rank in course/Total: 90 (of 272)

Rank in course/Men: 81 (of 232)

Best time in course: 8:54:18

Rank in category: 22(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	3:19:33	7:17	27	55:43	122	1:09:52	27.39	3:19:33	7:17	3		91	1:09:52
Floh-Seligenthal	27.74	3:10:22	6:51	25	47:31	89	51:05	55.13	6:29:55	7:04	3		91	1:58:12
Finsterbergen	22.03	2:49:45	7:42	17	35:20	52	43:17	77.16	9:19:40	7:15	2		85	2:35:43
Fröttstädt	22.84	3:05:30	8:07	18	48:01	74	1:01:50	100.00	12:25:10	7:27	22	2:51:49	81	3:30:52