



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Simon, Ralf

Club: Oberursel
Number: 158

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 12:25:38

Speed: 8.05 km/h
Running performance: 7:28 min/km

Rank in course/Total: 92 (of 272)

Rank in course/Men: 83 (of 232)

Best time in course: 8:54:18

Rank in category: 6(of 25)

Best time in the category: 10:20:32

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	3:11:37	6:59	8	39:43	93	1:01:56	27.39	3:11:37	6:59	20		93	1:01:56
Floh-Seligenthal	27.74	3:06:15	6:42	6	30:35	82	46:58	55.13	6:17:52	6:51	20		93	1:46:09
Finsterbergen	22.03	3:05:32	8:25	9	44:45	95	59:04	77.16	9:23:24	7:18	20		87	2:39:27
Fröttstädt	22.84	3:02:14	7:58	8	37:59	64	58:34	100.00	12:25:38	7:27	6	2:05:06	83	3:31:20