



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt
Number: 111

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 9:27:28

Speed: 10.57 km/h
Running performance: 5:40 min/km

Rank in course/Total: 6 (of 272)

Rank in course/Men: 6 (of 232)

Best time in course: 8:54:18

Rank in category: 2(of 36)

Best time in the category: 8:59:27

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	2:27:44	5:23	1	-	8	18:03	27.39	2:27:44	5:23	20		6	18:03
Floh-Seligenthal	27.74	2:22:28	5:08	2	0:54	5	3:11	55.13	4:50:12	5:15	20		6	18:29
Finsterbergen	22.03	2:23:40	6:31	3	17:12	15	17:12	77.16	7:13:52	5:37	20		6	29:55
Fröttstädt	22.84	2:13:36	5:50	2	9:56	5	9:56	100.00	9:27:28	5:40	2	28:01	6	33:10