



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Teinert, Michael

Club: Harzer Ultra Running Team
Number: 10

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:34:30

Speed: 7.95 km/h
Running performance: 7:32 min/km

Rank in course/Total: 99 (of 272)

Rank in course/Men: 88 (of 232)

Best time in course: 8:54:18

Rank in category: 23(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	3:04:01	6:43	24	40:11	84	54:20	27.39	3:04:01	6:43	4		99	54:20
Floh-Seligenthal	27.74	3:05:49	6:41	23	42:58	80	46:32	55.13	6:09:50	6:42	4		99	1:38:07
Finsterbergen	22.03	3:09:56	8:37	26	55:31	103	1:03:28	77.16	9:19:46	7:15	3		93	2:35:49
Fröttstädt	22.84	3:14:44	8:31	24	57:15	93	1:11:04	100.00	12:34:30	7:32	23	3:01:09	88	3:40:12