



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Spillecke, Jörg

Club: LAC Erdgas Chemnitz  
Number: 145

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:42:55

Speed: 7.86 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 104 (of 272)

Rank in course/Men: 92 (of 232)

Best time in course: 8:54:18

Rank in category: 24(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:52:19	6:17	15	28:29	50	42:38	27.39	2:52:19	6:17	5		103	42:38
Floh-Seligenthal	27.74	2:59:59	6:29	20	37:08	64	40:42	55.13	5:52:18	6:23	5		103	1:20:35
Finsterbergen	22.03	3:21:22	9:08	30	1:06:57	129	1:14:54	77.16	9:13:40	7:10	4		97	2:29:43
Fröttstädt	22.84	3:29:15	9:09	30	1:11:46	131	1:25:35	100.00	12:42:55	7:37	24	3:09:34	92	3:48:37