



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Muschinski, Steffen

Club: Bautzener LV Rot-Weiß 90  
Number: 226

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 9:43:50

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 9 (of 272)

Rank in course/Men: 9 (of 232)

Best time in course: 8:54:18

Rank in category: 3(of 36)

Best time in the category: 8:59:27

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	2:34:51	5:39	3	7:07	19	25:10	27.39	2:34:51	5:39	21		9	25:10
Floh-Seligenthal	27.74	2:31:47	5:28	3	10:13	11	12:30	55.13	5:06:38	5:33	21		9	34:55
Finsterbergen	22.03	2:21:45	6:26	2	15:17	11	15:17	77.16	7:28:23	5:48	21		9	44:26
Fröttstädt	22.84	2:15:27	5:55	3	11:47	7	11:47	100.00	9:43:50	5:50	3	44:23	9	49:32