



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Kummer, Steffen

Club: Ritter Sport Freunde
Number: 275

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:13:07

Speed: 7.57 km/h
Running performance: 7:56 min/km

Rank in course/Total: 129 (of 272)

Rank in course/Men: 114 (of 232)

Best time in course: 8:54:18

Rank in category: 28(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	3:04:19	6:43	25	40:29	85	54:38	27.39	3:04:19	6:43	9		125	54:38
Floh-Seligenthal	27.74	3:16:18	7:04	28	53:27	108	57:01	55.13	6:20:37	6:54	9		125	1:48:54
Finsterbergen	22.03	3:34:23	9:43	35	1:19:58	158	1:27:55	77.16	9:55:00	7:42	8		119	3:11:03
Fröttstädt	22.84	3:18:07	8:40	25	1:00:38	97	1:14:27	100.00	13:13:07	7:55	28	3:39:46	114	4:18:49