



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Tezlaw, Paul

Club: DJK Schwäbisch Gmünd
Number: 156

Course: 100.00 km
Thüringen Ultra

Category:
Männer (20-29 Jahre)

Total time: 9:47:22

Speed: 10.22 km/h
Running performance: 5:52 min/km

Rank in course/Total: 10 (of 272)

Rank in course/Men: 10 (of 232)

Best time in course: 8:54:18

Rank in category: 2(of 7)

Best time in the category: 8:56:47

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	2:33:53	5:37	2	12:04	16	24:12	27.39	2:33:53	5:37	2	12:04	10	24:12
Floh-Seligenthal	27.74	2:38:26	5:42	2	18:50	20	19:09	55.13	5:12:19	5:39	2	30:54	10	40:36
Finsterbergen	22.03	2:13:18	6:03	2	5:26	5	6:50	77.16	7:25:37	5:46	2	36:20	10	41:40
Fröttstädt	22.84	2:21:45	6:12	2	14:15	12	18:05	100.00	9:47:22	5:52	2	50:35	10	53:04