



8. Thüringer ULTRA

Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigteam
Number: 11

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:34:34

Speed: 7.37 km/h
Running performance: 8:09 min/km

Rank in course/Total: 141 (of 272)

Rank in course/Men: 125 (of 232)

Best time in course: 8:54:18

Rank in category: 39(of 67)

Best time in the category: 8:54:18

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	3:24:06	7:27	43	1:14:25	144	1:14:25	27.39	3:24:06	7:27	11		136	1:14:25
Floh-Seligenthal	27.74	3:16:51	7:05	34	54:49	109	57:34	55.13	6:40:57	7:16	11		135	2:09:14
Finsterbergen	22.03	3:22:08	9:10	40	1:09:54	132	1:15:40	77.16	10:03:05	7:48	12		130	3:19:08
Fröttstädt	22.84	3:31:29	9:15	38	1:21:08	133	1:27:49	100.00	13:34:34	8:08	39	4:40:16	125	4:40:16