



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Motzkus, Steffen

Club: Wolfen
Number: 208

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 13:42:11

Speed: 7.30 km/h
Running performance: 8:13 min/km

Rank in course/Total: 145 (of 272)

Rank in course/Men: 128 (of 232)

Best time in course: 8:54:18

Rank in category: 7(of 11)

Best time in the category: 9:08:21

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	3:19:06	7:16	6	55:22	120	1:09:25	27.39	3:19:06	7:16	7	51:20	139	1:09:25
Floh-Seligenthal	27.74	3:15:07	7:02	5	55:50	102	55:50	55.13	6:34:13	7:09	7	1:47:10	139	2:02:30
Finsterbergen	22.03	3:28:19	9:27	6	1:17:47	148	1:21:51	77.16	10:02:32	7:48	7	3:04:57	133	3:18:35
Fröttstädt	22.84	3:39:39	9:37	7	1:28:53	157	1:35:59	100.00	13:42:11	8:13	7	4:33:50	128	4:47:53