



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Gnauert, René

Club: Freund der Friedrichsfelder Jungs  
Number: 120

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 13:49:00

Speed: 7.24 km/h  
Running performance: 8:17 min/km

Rank in course/Total: 151 (of 272)

Rank in course/Men: 133 (of 232)

Best time in course: 8:54:18

Rank in category: 18(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.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Glasbachwiese	27.39	3:19:04	7:16	21	51:20	119	1:09:23	27.39	3:19:04	7:16	2		145	1:09:23	
Floh-Seligenthal	27.74	3:33:33	7:41	20	1:11:59	148	1:14:16	55.13	6:52:37	7:29	2		145	2:20:54	
Finsterbergen	22.03	3:18:13	8:59	20	1:11:45	118	1:11:45	77.16	10:10:50	7:54	2		139	3:26:53	
Fröttstädt	22.84	3:38:10	9:33	23	1:34:30	150	1:34:30	100.00	13:49:00	8:17	18	4:49:33	133	4:54:42	