



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

albrecht, stefan

Club: sv emsetal
Number: 184

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:51:32

Speed: 7.22 km/h
Running performance: 8:19 min/km

Rank in course/Total: 154 (of 272)

Rank in course/Men: 136 (of 232)

Best time in course: 8:54:18

Rank in category: 31(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:22:18	7:23	29	58:28	135	1:12:37	27.39	3:22:18	7:23	12		148	1:12:37
Floh-Seligenthal	27.74	3:27:26	7:28	31	1:04:35	132	1:08:09	55.13	6:49:44	7:25	12		148	2:18:01
Finsterbergen	22.03	3:42:13	10:05	39	1:27:48	180	1:35:45	77.16	10:31:57	8:11	11	4:57	142	3:48:00
Fröttstädt	22.84	3:19:35	8:44	26	1:02:06	105	1:15:55	100.00	13:51:32	8:18	31	4:18:11	136	4:57:14