



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen
Number: 189

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:51:06

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 13 (of 272)

Rank in course/Men: 13 (of 232)

Best time in course: 8:54:18

Rank in category: 4(of 47)

Best time in the category: 9:33:21

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	2:40:24	5:51	8	16:34	25	30:43	27.39	2:40:24	5:51	27		13	30:43
Floh-Seligenthal	27.74	2:33:49	5:32	5	10:58	16	14:32	55.13	5:14:13	5:41	27		13	42:30
Finsterbergen	22.03	2:19:24	6:19	2	4:59	7	12:56	77.16	7:33:37	5:52	26		13	49:40
Fröttstädt	22.84	2:17:29	6:01	1	-	9	13:49	100.00	9:51:06	5:54	4	17:45	13	56:48