



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Scherbe, Ralf

Club: SSV-MG Ahlsdorf
Number: 152

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 14:00:08

Speed: 7.14 km/h
Running performance: 8:24 min/km

Rank in course/Total: 163 (of 272)

Rank in course/Men: 140 (of 232)

Best time in course: 8:54:18

Rank in category: 21(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.	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	3:33:42	7:48	29	1:05:58	170	1:24:01	27.39	3:33:42	7:48	5	11:59	152	1:24:01
Floh-Seligenthal	27.74	3:34:54	7:44	21	1:13:20	155	1:15:37	55.13	7:08:36	7:46	5		152	2:36:53
Finsterbergen	22.03	3:26:55	9:23	22	1:20:27	146	1:20:27	77.16	10:35:31	8:14	5		146	3:51:34
Fröttstädt	22.84	3:24:37	8:57	18	1:20:57	116	1:20:57	100.00	14:00:08	8:24	21	5:00:41	140	5:05:50