



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Polakovs, Horst

Club: LT Ende Herdecke
Number: 274

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M60 (60-64 Jahre)

Total time: 14:12:10

Speed: 7.04 km/h
Running performance: 8:31 min/km

Rank in course/Total: 172 (of 272)

Rank in course/Men: 148 (of 232)

Best time in course: 8:54:18

Rank in category: 7(of 15)

Best time in the category: 12:04:48

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	3:32:40	7:45	8	33:01	164	1:22:59	27.39	3:32:40	7:45	8	14:15	160	1:22:59
Floh-Seligenthal	27.74	3:34:51	7:44	7	34:11	154	1:15:34	55.13	7:07:31	7:45	8	37:37	160	2:35:48
Finsterbergen	22.03	3:26:10	9:21	8	36:22	143	1:19:42	77.16	10:33:41	8:12	8	1:13:59	154	3:49:44
Fröttstädt	22.84	3:38:29	9:33	6	53:23	152	1:34:49	100.00	14:12:10	8:31	7	2:07:22	148	5:17:52