



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Gentzcke, Jan

Club: BergeWentRein
Number: 151

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:19:54

Speed: 6.98 km/h
Running performance: 8:36 min/km

Rank in course/Total: 180 (of 272)

Rank in course/Men: 153 (of 232)

Best time in course: 8:54:18

Rank in category: 34(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	3:23:22	7:25	30	59:32	141	1:13:41	27.39	3:23:22	7:25	15		165	1:13:41
Floh-Seligenthal	27.74	3:46:10	8:09	39	1:23:19	177	1:26:53	55.13	7:09:32	7:47	15	8:30	165	2:37:49
Finsterbergen	22.03	3:38:36	9:55	37	1:24:11	171	1:32:08	77.16	10:48:08	8:23	14	21:08	159	4:04:11
Fröttstädt	22.84	3:31:46	9:16	31	1:14:17	134	1:28:06	100.00	14:19:54	8:35	34	4:46:33	153	5:25:36