



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Scholz, Ingolf

Club: LT Hemsbach  
Number: 305

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:21:00

Speed: 6.97 km/h  
Running performance: 8:37 min/km

Rank in course/Total: 182 (of 272)

Rank in course/Men: 154 (of 232)

Best time in course: 8:54:18

Rank in category: 35(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:36:55	7:55	40	1:13:05	184	1:27:14	27.39	3:36:55	7:55	16	4:20	167	1:27:14
Floh-Seligenthal	27.74	3:43:11	8:02	37	1:20:20	169	1:23:54	55.13	7:20:06	7:58	16	19:04	167	2:48:23
Finsterbergen	22.03	3:34:04	9:43	34	1:19:39	156	1:27:36	77.16	10:54:10	8:28	15	27:10	161	4:10:13
Fröttstädt	22.84	3:26:50	9:03	29	1:09:21	122	1:23:10	100.00	14:21:00	8:36	35	4:47:39	154	5:26:42