



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV
Number: 103

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M65 (65-69 Jahre)

Total time: 14:23:58

Speed: 6.94 km/h
Running performance: 8:38 min/km

Rank in course/Total: 186 (of 272)

Rank in course/Men: 158 (of 232)

Best time in course: 8:54:18

Rank in category: 2(of 7)

Best time in the category: 13:31:39

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	3:38:09	7:57	5	7:04	191	1:28:28	27.39	3:38:09	7:57	3	7:04	170	1:28:28
Floh-Seligenthal	27.74	3:42:47	8:01	4	13:42	167	1:23:30	55.13	7:20:56	7:59	3	4:22	170	2:49:13
Finsterbergen	22.03	3:34:04	9:43	2	25:09	156	1:27:36	77.16	10:55:00	8:29	3		164	4:11:03
Fröttstädt	22.84	3:28:58	9:08	2	10:43	130	1:25:18	100.00	14:23:58	8:38	2	52:19	158	5:29:40