



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Mühlenberg, Heiko

Club: Team Erdinger Alkoholfrei  
Number: 47

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 14:36:40

Speed: 6.84 km/h  
Running performance: 8:46 min/km

Rank in course/Total: 195 (of 272)

Rank in course/Men: 166 (of 232)

Best time in course: 8:54:18

Rank in category: 51(of 67)

Best time in the category: 8:54:18

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	3:27:28	7:34	45	1:17:47	150	1:17:47	27.39	3:27:28	7:34	32		180	1:17:47
Floh-Seligenthal	27.74	3:51:33	8:20	56	1:29:31	190	1:32:16	55.13	7:19:01	7:57	32	12:41	179	2:47:18
Finsterbergen	22.03	3:40:04	9:59	52	1:27:50	174	1:33:36	77.16	10:59:05	8:32	20		173	4:15:08
Fröttstädt	22.84	3:37:35	9:31	45	1:27:14	146	1:33:55	100.00	14:36:40	8:45	51	5:42:22	166	5:42:22