



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig
Number: 66

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:47:16

Speed: 6.76 km/h
Running performance: 8:52 min/km

Rank in course/Total: 199 (of 272)

Rank in course/Men: 170 (of 232)

Best time in course: 8:54:18

Rank in category: 20(of 25)

Best time in the category: 10:20:32

| 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 | 3:41:02 | 8:04 | 23 | 1:09:08 | 198 | 1:31:21 | 27.39 | 3:41:02 | 8:04 | 6 | 12:50 | 183 | 1:31:21 |
| Floh-Seligenthal | 27.74 | 3:42:14 | 8:00 | 18 | 1:06:34 | 164 | 1:22:57 | 55.13 | 7:23:16 | 8:02 | 6 | 21:14 | 183 | 2:51:33 |
| Finsterbergen | 22.03 | 3:48:51 | 10:23 | 21 | 1:28:04 | 188 | 1:42:23 | 77.16 | 11:12:07 | 8:42 | 6 | 45:59 | 177 | 4:28:10 |
| Fröttstädt | 22.84 | 3:35:09 | 9:25 | 16 | 1:10:54 | 139 | 1:31:29 | 100.00 | 14:47:16 | 8:52 | 20 | 4:26:44 | 170 | 5:52:58 |