



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