



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Albrecht, Frank

Club: Menden
Number: 285

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 15:06:43

Speed: 6.62 km/h
Running performance: 9:04 min/km

Rank in course/Total: 206 (of 272)

Rank in course/Men: 176 (of 232)

Best time in course: 8:54:18

Rank in category: 54(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	3:30:10	7:40	48	1:20:29	155	1:20:29	27.39	3:30:10	7:40	29		189	1:20:29
Floh-Seligenthal	27.74	3:51:42	8:21	57	1:29:40	192	1:32:25	55.13	7:21:52	8:00	29	15:32	189	2:50:09
Finsterbergen	22.03	3:45:01	10:12	57	1:32:47	184	1:38:33	77.16	11:06:53	8:38	23		183	4:22:56
Fröttstädt	22.84	3:59:50	10:30	56	1:49:29	184	1:56:10	100.00	15:06:43	9:04	54	6:12:25	176	6:12:25