



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Häcker, Karsten

Club: 5 Ziegen  
Number: 7

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 15:09:22

Speed: 6.60 km/h  
Running performance: 9:05 min/km

Rank in course/Total: 208 (of 272)

Rank in course/Men: 178 (of 232)

Best time in course: 8:54:18

Rank in category: 39(of 47)

Best time in the category: 9:33:21

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	3:44:39	8:12	43	1:20:49	203	1:34:58	27.39	3:44:39	8:12	20	12:04	191	1:34:58
Floh-Seligenthal	27.74	3:52:54	8:23	43	1:30:03	194	1:33:37	55.13	7:37:33	8:17	20	36:31	191	3:05:50
Finsterbergen	22.03	3:56:16	10:43	41	1:41:51	197	1:49:48	77.16	11:33:49	8:59	19	1:06:49	185	4:49:52
Fröttstädt	22.84	3:35:33	9:26	33	1:18:04	140	1:31:53	100.00	15:09:22	9:05	39	5:36:01	178	6:15:04