



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund  
Number: 105

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 15:23:28

Speed: 6.50 km/h  
Running performance: 9:14 min/km

Rank in course/Total: 217 (of 272)

Rank in course/Men: 187 (of 232)

Best time in course: 8:54:18

Rank in category: 27(of 36)

Best time in the category: 8:59:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Glasbachwiese	27.39	3:49:19	8:22	33	1:21:35	212	1:39:38	27.39	3:49:19	8:22	11	27:36	200	1:39:38				
Floh-Seligenthal	27.74	4:02:53	8:45	33	1:41:19	210	1:43:36	55.13	7:52:12	8:33	11	39:34	200	3:20:29				
Finsterbergen	22.03	3:45:58	10:15	29	1:39:30	186	1:39:30	77.16	11:38:10	9:02	11	47:53	194	4:54:13				
Fröttstädt	22.84	3:45:18	9:51	27	1:41:38	171	1:41:38	100.00	15:23:28	9:14	27	6:24:01	187	6:29:10				