



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Berka, Frank

Club: 100 Marathon Club
Number: 4

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 15:26:09

Speed: 6.48 km/h
Running performance: 9:16 min/km

Rank in course/Total: 220 (of 272)

Rank in course/Men: 190 (of 232)

Best time in course: 8:54:18

Rank in category: 29(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				
Glasbachwiese	27.39	3:47:03	8:17	31	1:19:19	208	1:37:22	27.39	3:47:03	8:17	13	25:20	203	1:37:22			
Floh-Seligenthal	27.74	3:52:55	8:23	30	1:31:21	195	1:33:38	55.13	7:39:58	8:20	13	27:20	203	3:08:15			
Finsterbergen	22.03	3:55:51	10:42	30	1:49:23	195	1:49:23	77.16	11:35:49	9:01	13	45:32	197	4:51:52			
Fröttstädt	22.84	3:50:20	10:05	28	1:46:40	176	1:46:40	100.00	15:26:09	9:15	29	6:26:42	190	6:31:51			