



8. Thüringer ULTRA

Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Ernst, Roland

Club: LC Olympia Wiesbaden
Number: 13

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 15:38:09

Speed: 6.40 km/h
Running performance: 9:23 min/km

Rank in course/Total: 223 (of 272)

Rank in course/Men: 193 (of 232)

Best time in course: 8:54:18

Rank in category: 22(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	3:33:43	7:48	18	1:01:49	172	1:24:02	27.39	3:33:43	7:48	4	5:31	206	1:24:02
Floh-Seligenthal	27.74	3:44:15	8:05	20	1:08:35	173	1:24:58	55.13	7:17:58	7:56	4	15:56	206	2:46:15
Finsterbergen	22.03	3:57:23	10:46	22	1:36:36	200	1:50:55	77.16	11:15:21	8:45	4	49:13	191	4:31:24
Fröttstädt	22.84	4:22:48	11:30	24	1:58:33	206	2:19:08	100.00	15:38:09	9:22	22	5:17:37	193	6:43:51