



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Dr. Intrau, Lutz

Club: Westcoastrunner J.F.F.
Number: 176

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M65 (65-69 Jahre)

Total time: 16:12:46

Speed: 6.17 km/h
Running performance: 9:44 min/km

Rank in course/Total: 238 (of 272)

Rank in course/Men: 204 (of 232)

Best time in course: 8:54:18

Rank in category: 6(of 7)

Best time in the category: 13:31:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	4:00:22	8:46	7	29:17	222	1:50:41	27.39	4:00:22	8:46	7	29:17	217	1:50:41
Floh-Seligenthal	27.74	3:59:39	8:38	7	30:34	204	1:40:22	55.13	8:00:01	8:42	7	43:27	217	3:28:18
Finsterbergen	22.03	3:54:26	10:38	6	45:31	194	1:47:58	77.16	11:54:27	9:15	7	24:20	211	5:10:30
Fröttstädt	22.84	4:18:19	11:18	6	1:00:04	204	2:14:39	100.00	16:12:46	9:43	6	2:41:07	204	7:18:28