



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Gnoyke, Matthias

Club: Team-Erdinger-Alkoholfrei  
Number: 166

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 16:39:45

Speed: 6.00 km/h  
Running performance: 10:00 min/km

Rank in course/Total: 243 (of 272)

Rank in course/Men: 208 (of 232)

Best time in course: 8:54:18

Rank in category: 33(of 36)

Best time in the category: 8:59:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	3:23:21	7:25	28	55:37	140	1:13:40	27.39	3:23:21	7:25	17	1:38	221	1:13:40
Floh-Seligenthal	27.74	4:27:32	9:38	36	2:05:58	220	2:08:15	55.13	7:50:53	8:32	17	38:15	221	3:19:10
Finsterbergen	22.03	4:32:04	12:20	34	2:25:36	219	2:25:36	77.16	12:22:57	9:37	17	1:32:40	215	5:39:00
Fröttstädt	22.84	4:16:48	11:14	33	2:13:08	202	2:13:08	100.00	16:39:45	9:59	33	7:40:18	208	7:45:27