



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Thomas, Rainer

Club: SCC Berlin  
Number: 155

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 10:19:17

Speed: 9.69 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 19 (of 272)

Rank in course/Men: 18 (of 232)

Best time in course: 8:54:18

Rank in category: 2(of 67)

Best time in the category: 8:54:18

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	2:32:14	5:33	3	22:33	14	22:33	27.39	2:32:14	5:33	51		21	22:33
Floh-Seligenthal	27.74	2:31:53	5:28	2	9:51	12	12:36	55.13	5:04:07	5:30	51		21	32:24
Finsterbergen	22.03	2:28:10	6:43	2	15:56	24	21:42	77.16	7:32:17	5:51	50		19	48:20
Fröttstädt	22.84	2:47:00	7:18	6	36:39	35	43:20	100.00	10:19:17	6:11	2	1:24:59	18	1:24:59