



8. Thüringer ULTRA

Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Koch, Rainer

Club: SuS Northeim
Number: 213

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 10:20:32

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 21 (of 272)

Rank in course/Men: 20 (of 232)

Best time in course: 8:54:18

Rank in category: 1(of 25)

Best time in the category: 10:20:32

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	2:41:19	5:53	2	9:25	28	31:38	27.39	2:41:19	5:53	13		23	31:38
Floh-Seligenthal	27.74	2:35:40	5:36	1	-	18	16:23	55.13	5:16:59	5:44	13		23	45:16
Finsterbergen	22.03	2:26:23	6:38	2	5:36	19	19:55	77.16	7:43:22	6:00	13		21	59:25
Fröttstädt	22.84	2:37:10	6:52	3	12:55	28	33:30	100.00	10:20:32	6:12	1	-	20	1:26:14