



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Grässler, Jens

Club: Laufrüpel  
Number: 254

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:23:30

Speed: 9.62 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 23 (of 272)

Rank in course/Men: 22 (of 232)

Best time in course: 8:54:18

Rank in category: 6(of 47)

Best time in the category: 9:33:21

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	2:54:31	6:22	18	30:41	59	44:50	27.39	2:54:31	6:22	31		25	44:50
Floh-Seligenthal	27.74	2:44:10	5:55	11	21:19	31	24:53	55.13	5:38:41	6:08	31		25	1:06:58
Finsterbergen	22.03	2:23:21	6:30	5	8:56	14	16:53	77.16	8:02:02	6:14	29		23	1:18:05
Fröttstädt	22.84	2:21:28	6:11	3	3:59	11	17:48	100.00	10:23:30	6:14	6	50:09	22	1:29:12