



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Dander, Bernd

Club: VS Dresden Weixdorf
Number: 177

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:43:42

Speed: 9.32 km/h
Running performance: 6:26 min/km

Rank in course/Total: 31 (of 272)

Rank in course/Men: 29 (of 232)

Best time in course: 8:54:18

Rank in category: 9(of 47)

Best time in the category: 9:33:21

Intermediate times				Stage score				Total ranking						
Control	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	2:48:57	6:10	14	25:07	43	39:16	27.39	2:48:57	6:10	34		32	39:16
Floh-Seligenthal	27.74	2:41:47	5:49	10	18:56	27	22:30	55.13	5:30:44	5:59	34		32	59:01
Finsterbergen	22.03	2:24:47	6:34	6	10:22	17	18:19	77.16	7:55:31	6:09	32		30	1:11:34
Fröttstädt	22.84	2:48:11	7:21	11	30:42	37	44:31	100.00	10:43:42	6:26	9	1:10:21	29	1:49:24