



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Aust, Frank

Club: Die Otternasen
Number: 80

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:48:14

Speed: 9.26 km/h
Running performance: 6:29 min/km

Rank in course/Total: 34 (of 272)

Rank in course/Men: 31 (of 232)

Best time in course: 8:54:18

Rank in category: 11(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	2:40:50	5:52	9	17:00	27	31:09	27.39	2:40:50	5:52	24		35	31:09
Floh-Seligenthal	27.74	2:46:58	6:01	13	24:07	38	27:41	55.13	5:27:48	5:56	24		35	56:05
Finsterbergen	22.03	2:46:53	7:34	16	32:28	48	40:25	77.16	8:14:41	6:24	23		33	1:30:44
Fröttstädt	22.84	2:33:33	6:43	8	16:04	24	29:53	100.00	10:48:14	6:28	11	1:14:53	31	1:53:56