



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Zösche, Karsten

Club: PSV Ju Jutsu Meiningen  
Number: 242

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 11:06:05

Speed: 9.01 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 41 (of 272)

Rank in course/Men: 38 (of 232)

Best time in course: 8:54:18

Rank in category: 7(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	2:58:23	6:30	18	48:42	71	48:42	27.39	2:58:23	6:30	35		44	48:42
Floh-Seligenthal	27.74	2:58:17	6:25	13	36:15	56	39:00	55.13	5:56:40	6:28	35		44	1:24:57
Finsterbergen	22.03	2:34:44	7:01	5	22:30	31	28:16	77.16	8:31:24	6:37	44		40	1:47:27
Fröttstädt	22.84	2:34:41	6:46	3	24:20	26	31:01	100.00	11:06:05	6:39	7	2:11:47	38	2:11:47