



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Sorge, Thorsten

Club: Team Erdinger Alkoholfrei
Number: 70

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M30 (30-34 Jahre)

Total time: 11:37:34

Speed: 8.60 km/h
Running performance: 6:59 min/km

Rank in course/Total: 52 (of 272)

Rank in course/Men: 48 (of 232)

Best time in course: 8:54:18

Rank in category: 3(of 11)

Best time in the category: 9:08:21

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	2:54:17	6:21	3	30:33	56	44:36	27.39	2:54:17	6:21	3	26:31	56	44:36
Floh-Seligenthal	27.74	2:55:39	6:19	3	36:22	49	36:22	55.13	5:49:56	6:20	3	1:02:53	56	1:18:13
Finsterbergen	22.03	2:47:45	7:36	3	37:13	50	41:17	77.16	8:37:41	6:42	3	1:40:06	51	1:53:44
Fröttstädt	22.84	2:59:53	7:52	3	49:07	60	56:13	100.00	11:37:34	6:58	3	2:29:13	48	2:43:16