



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Koehler, Tom

Club: Marathon Steinfurt e.V.  
Number: 6

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:45:56

Speed: 8.50 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 57 (of 272)

Rank in course/Men: 50 (of 232)

Best time in course: 8:54:18

Rank in category: 12(of 36)

Best time in the category: 8:59:27

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	2:40:26	5:51	5	12:42	26	30:45	27.39	2:40:26	5:51	32		58	30:45
Floh-Seligenthal	27.74	2:59:29	6:28	13	37:55	60	40:12	55.13	5:39:55	6:09	32		58	1:08:12
Finsterbergen	22.03	2:47:26	7:36	13	40:58	49	40:58	77.16	8:27:21	6:34	31		53	1:43:24
Fröttstädt	22.84	3:18:35	8:41	16	1:14:55	102	1:14:55	100.00	11:45:56	7:03	12	2:46:29	50	2:51:38