



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Fanslau, Thomas

Club: LG Mauerweg Berlin e.V.
Number: 114

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:47:00

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 58 (of 272)

Rank in course/Men: 51 (of 232)

Best time in course: 8:54:18

Rank in category: 13(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	2:47:34	6:07	9	19:50	41	37:53	27.39	2:47:34	6:07	33		59	37:53
Floh-Seligenthal	27.74	2:58:40	6:26	11	37:06	57	39:23	55.13	5:46:14	6:16	33		59	1:14:31
Finsterbergen	22.03	3:02:28	8:16	16	56:00	91	56:00	77.16	8:48:42	6:51	32		54	2:04:45
Fröttstädt	22.84	2:58:18	7:48	12	54:38	54	54:38	100.00	11:47:00	7:04	13	2:47:33	51	2:52:42