



# 8. Thüringer ULTRA

Fröttstädt / 04.07.2014-05.07.2014

## Detailed evaluation

**Fels, Manfred**

Club: Lauffreunde Emsland  
Number: 185

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M60 (60-64 Jahre)

Total time: 12:04:48

Speed: 8.28 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 68 (of 272)

Rank in course/Men: 60 (of 232)

Best time in course: 8:54:18

Rank in category: 1(of 15)

Best time in the category: 12:04:48

### 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	3:18:25	7:14	5	18:46	114	1:08:44	27.39	3:18:25	7:14	1	-	68	1:08:44
Floh-Seligenthal	27.74	3:11:29	6:54	3	10:49	93	52:12	55.13	6:29:54	7:04	1	-	68	1:58:11
Finsterbergen	22.03	2:49:48	7:42	1	-	53	43:20	77.16	9:19:42	7:15	1	-	63	2:35:45
Fröttstädt	22.84	2:45:06	7:13	1	-	34	41:26	100.00	12:04:48	7:14	1	-	60	3:10:30