



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Frenz, Michael

Club: LG Mauerweg e.V.  
Number: 230

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M40 (40-44 Jahre)

Total time: 12:05:57

Speed: 8.27 km/h  
Running performance: 7:16 min/km

Rank in course/Total: 70 (of 272)

Rank in course/Men: 62 (of 232)

Best time in course: 8:54:18

Rank in category: 15(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	2:35:12	5:39	4	7:28	21	25:31	27.39	2:35:12	5:39	35		70	25:31
Floh-Seligenthal	27.74	3:11:52	6:54	16	50:18	95	52:35	55.13	5:47:04	6:17	35		70	1:15:21
Finsterbergen	22.03	2:59:04	8:07	15	52:36	81	52:36	77.16	8:46:08	6:49	34		65	2:02:11
Fröttstädt	22.84	3:19:49	8:44	17	1:16:09	106	1:16:09	100.00	12:05:57	7:15	15	3:06:30	62	3:11:39