



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Hanke, Werner

Club: LV Potsdam  
Number: 248

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M60 (60-64 Jahre)

Total time: 12:07:48

Speed: 8.24 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 74 (of 272)

Rank in course/Men: 65 (of 232)

Best time in course: 8:54:18

Rank in category: 3(of 15)

Best time in the category: 12:04:48

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	3:01:22	6:37	2	1:43	78	51:41	27.39	3:01:22	6:37	3		73	51:41
Floh-Seligenthal	27.74	3:01:34	6:32	2	0:54	70	42:17	55.13	6:02:56	6:34	3		73	1:31:13
Finsterbergen	22.03	2:59:21	8:08	4	9:33	82	52:53	77.16	9:02:17	7:01	3		68	2:18:20
Fröttstädt	22.84	3:05:31	8:07	3	20:25	75	1:01:51	100.00	12:07:48	7:16	3	3:00	65	3:13:30