



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Armenat, Martin

Club: Triathlon Friedrichroda  
Number: 100

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M30 (30-34 Jahre)

Total time: 9:08:21

Speed: 10.94 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 4 (of 272)

Rank in course/Men: 4 (of 232)

Best time in course: 8:54:18

Rank in category: 1(of 11)

Best time in the category: 9:08:21

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	2:27:46	5:23	2	4:02	10	18:05	27.39	2:27:46	5:23	1	-	4	18:05
Floh-Seligenthal	27.74	2:19:17	5:01	1	-	1	-	55.13	4:47:03	5:12	1	-	4	15:20
Finsterbergen	22.03	2:10:32	5:55	1	-	3	4:04	77.16	6:57:35	5:24	1	-	4	13:38
Fröttstädt	22.84	2:10:46	5:43	1	-	4	7:06	100.00	9:08:21	5:29	1	-	4	14:03