



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Panse, Jens

Club: USV Erfurt
Number: 209

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:10:50

Speed: 8.21 km/h
Running performance: 7:19 min/km

Rank in course/Total: 78 (of 272)

Rank in course/Men: 69 (of 232)

Best time in course: 8:54:18

Rank in category: 18(of 47)

Best time in the category: 9:33:21

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	3:10:40	6:57	26	46:50	92	1:00:59	27.39	3:10:40	6:57	44		77	1:00:59
Floh-Seligenthal	27.74	3:08:52	6:48	24	46:01	85	49:35	55.13	6:19:32	6:53	44		77	1:47:49
Finsterbergen	22.03	2:57:41	8:03	22	43:16	77	51:13	77.16	9:17:13	7:13	41		72	2:33:16
Fröttstädt	22.84	2:53:37	7:36	12	36:08	45	49:57	100.00	12:10:50	7:18	18	2:37:29	69	3:16:32