



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Zoremba, Sebastian

Club: Team Erdinger Alkoholfrei  
Number: 75

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M35 (35-39 Jahre)

Total time: 12:16:28

Speed: 8.15 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 82 (of 272)

Rank in course/Men: 73 (of 232)

Best time in course: 8:54:18

Rank in category: 9(of 16)

Best time in the category: 9:40:54

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	3:06:55	6:49	9	40:24	86	57:14	27.39	3:06:55	6:49	9	32:01	81	57:14
Floh-Seligenthal	27.74	3:09:50	6:50	9	42:05	88	50:33	55.13	6:16:45	6:50	9	1:14:06	81	1:45:02
Finsterbergen	22.03	3:06:26	8:27	9	45:29	96	59:58	77.16	9:23:11	7:17	9	1:59:35	76	2:39:14
Fröttstädt	22.84	2:53:17	7:35	5	35:59	44	49:37	100.00	12:16:28	7:21	9	2:35:34	73	3:22:10