



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Schläger, Lars

Club: Bielefeld  
Number: 302

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M30 (30-34 Jahre)

Total time: 12:23:13

Speed: 8.07 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 85 (of 272)

Rank in course/Men: 76 (of 232)

Best time in course: 8:54:18

Rank in category: 4(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	3:17:59	7:13	5	54:15	111	1:08:18	27.39	3:17:59	7:13	4	50:13	84	1:08:18
Floh-Seligenthal	27.74	3:13:43	6:58	4	54:26	100	54:26	55.13	6:31:42	7:06	4	1:44:39	84	1:59:59
Finsterbergen	22.03	2:49:13	7:40	4	38:41	51	42:45	77.16	9:20:55	7:16	4	2:23:20	78	2:36:58
Fröttstädt	22.84	3:02:18	7:58	4	51:32	65	58:38	100.00	12:23:13	7:25	4	3:14:52	76	3:28:55