



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Pawlow, Kamen

Club: Rennsteiglaufverein
Number: 55

Course: 100.22 km
Einzellauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 13:24:43

Speed: 7.46 km/h
Running performance: 8:02 min/km

Rank in course/Total: 68 (of 246)

Rank in course/Men: 64 (of 215)

Best time in course: 8:53:45

Rank in category: 10(of 28)

Best time in the category: 10:52:47

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	2:45:50	6:03	5	7:48	31	34:53	27.39	2:45:50	6:03	5	7:48	31	34:53
Floh-Seligenthal	27.74	3:04:42	6:39	7	21:04	53	43:02	55.13	5:50:32	6:21	6	28:14	42	1:17:55
Finsterbergen	22.03	3:35:02	9:45	12	48:44	87	1:45:28	77.16	9:25:34	7:19	10	1:16:58	58	2:41:11
Fröttstädt	23.06	3:59:09	10:22	14	1:14:58	86	1:49:47	100.22	13:24:43	8:01	10	2:31:56	64	4:30:58