



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Böning, Dirk

Club: Rennsteiglaufverein  
Number: 242

Course: 100.22 km  
Einzellauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:27:40

Speed: 7.43 km/h  
Running performance: 8:04 min/km

Rank in course/Total: 70 (of 246)

Rank in course/Men: 66 (of 215)

Best time in course: 8:53:45

Rank in category: 10(of 59)

Best time in the category: 9:28:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking								
				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	3:28:07	7:35	35	1:10:54	132	1:17:10	27.39	3:28:07	7:35	35	1:10:54	132	1:17:10
Floh-Seligenthal	27.74	3:22:05	7:17	26	59:50	96	1:00:25	55.13	6:50:12	7:26	30	2:10:44	111	2:17:35
Finsterbergen	22.03	3:07:01	8:29	7	45:10	52	1:17:27	77.16	9:57:13	7:44	14	2:55:54	75	3:12:50
Fröttstädt	23.06	3:30:27	9:07	5	1:02:59	47	1:21:05	100.22	13:27:40	8:03	10	3:58:53	66	4:33:55