



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

**Sprung, Jörg**

Club: Lupus Team Zehdenick  
Number: 143

Course: 100.22 km  
Einzellauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 13:45:31

Speed: 7.27 km/h  
Running performance: 8:14 min/km

Rank in course/Total: 79 (of 246)

Rank in course/Men: 73 (of 215)

Best time in course: 8:53:45

Rank in category: 11(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	3:08:41	6:53	11	30:39	74	57:44	27.39	3:08:41	6:53	11	30:39	74	57:44
Floh-Seligenthal	27.74	3:35:13	7:45	18	51:35	118	1:13:33	55.13	6:43:54	7:19	13	1:21:36	104	2:11:17
Finsterbergen	22.03	3:20:44	9:06	11	34:26	71	1:31:10	77.16	10:04:38	7:50	12	1:56:02	82	3:20:15
Fröttstädt	23.06	3:40:53	9:34	10	56:42	65	1:31:31	100.22	13:45:31	8:14	11	2:52:44	73	4:51:46