



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Frunzke, Tom

Club: Storkow  
Number: 257

Course: 100.22 km  
Einzellauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 13:46:16

Speed: 7.26 km/h  
Running performance: 8:14 min/km

Rank in course/Total: 81 (of 246)

Rank in course/Men: 75 (of 215)

Best time in course: 8:53:45

Rank in category: 12(of 28)

Best time in the category: 10:52:47

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	3:16:40	7:10	15	38:38	95	1:05:43	27.39	3:16:40	7:10	15	38:38	95	1:05:43
Floh-Seligenthal	27.74	3:22:15	7:17	11	38:37	97	1:00:35	55.13	6:38:55	7:14	11	1:16:37	98	2:06:18
Finsterbergen	22.03	3:15:14	8:51	10	28:56	63	1:25:40	77.16	9:54:09	7:42	11	1:45:33	73	3:09:46
Fröttstädt	23.06	3:52:07	10:03	13	1:07:56	79	1:42:45	100.22	13:46:16	8:14	12	2:53:29	75	4:52:31