



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

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Club: Lauffreunde Emsland
Number: 225

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:51:32

Speed: 7.23 km/h
Running performance: 8:18 min/km

Rank in course/Total: 85 (of 246)

Rank in course/Men: 79 (of 215)

Best time in course: 8:53:45

Rank in category: 21(of 37)

Best time in the category: 9:49:27

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	3:23:13	7:25	22	1:12:16	123	1:12:16	27.39	3:23:13	7:25	22	1:12:16	123	1:12:16
Floh-Seligenthal	27.74	3:15:27	7:02	22	53:47	79	53:47	55.13	6:38:40	7:13	22	2:06:03	97	2:06:03
Finsterbergen	22.03	3:28:43	9:28	20	1:02:56	78	1:39:09	77.16	10:07:23	7:52	20	2:59:09	84	3:23:00
Fröttstädt	23.06	3:44:09	9:43	18	1:14:55	71	1:34:47	100.22	13:51:32	8:17	21	4:02:05	79	4:57:47