



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Knopke-Hülsenbeck, Wolfgang

Club: TSV Sonnenberg
Number: 175

Course: 100.22 km
Einzellauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:08:40

Speed: 7.09 km/h
Running performance: 8:28 min/km

Rank in course/Total: 92 (of 246)

Rank in course/Men: 84 (of 215)

Best time in course: 8:53:45

Rank in category: 13(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	3:22:57	7:24	17	44:55	122	1:12:00	27.39	3:22:57	7:24	17	44:55	122	1:12:00
Floh-Seligenthal	27.74	3:28:22	7:30	12	44:44	105	1:06:42	55.13	6:51:19	7:27	15	1:29:01	113	2:18:42
Finsterbergen	22.03	3:35:12	9:46	13	48:54	88	1:45:38	77.16	10:26:31	8:07	13	2:17:55	100	3:42:08
Fröttstädt	23.06	3:42:09	9:38	11	57:58	68	1:32:47	100.22	14:08:40	8:28	13	3:15:53	84	5:14:55