



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Scherbe, Ralf

Club: Helbra
Number: 195

Course: 100.22 km
Einzellauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 14:19:08

Speed: 7.00 km/h
Running performance: 8:34 min/km

Rank in course/Total: 98 (of 246)

Rank in course/Men: 88 (of 215)

Best time in course: 8:53:45

Rank in category: 13(of 31)

Best time in the category: 10:44:38

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	3:06:25	6:48	12	47:24	70	55:28	27.39	3:06:25	6:48	12	47:24	70	55:28
Floh-Seligenthal	27.74	3:19:42	7:11	12	49:43	91	58:02	55.13	6:26:07	7:00	13	1:37:07	76	1:53:30
Finsterbergen	22.03	3:42:03	10:04	18	1:13:13	103	1:52:29	77.16	10:08:10	7:52	14	2:34:58	86	3:23:47
Fröttstädt	23.06	4:10:58	10:52	15	1:26:33	104	2:01:36	100.22	14:19:08	8:34	13	3:34:30	88	5:25:23