



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigteam  
Number: 11

Course: 100.22 km  
Einzellauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 14:28:05

Speed: 6.91 km/h  
Running performance: 8:40 min/km

Rank in course/Total: 99 (of 246)

Rank in course/Men: 90 (of 215)

Best time in course: 8:53:45

Rank in category: 18(of 59)

Best time in the category: 9:28:47

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	3:17:04	7:11	25	59:51	97	1:06:07	27.39	3:17:04	7:11	25	59:51	97	1:06:07
Floh-Seligenthal	27.74	3:37:12	7:49	29	1:14:57	120	1:15:32	55.13	6:54:16	7:30	31	2:14:48	119	2:21:39
Finsterbergen	22.03	3:22:54	9:12	13	1:01:03	73	1:33:20	77.16	10:17:10	7:59	22	3:15:51	93	3:32:47
Fröttstädt	23.06	4:10:55	10:52	21	1:43:27	103	2:01:33	100.22	14:28:05	8:39	18	4:59:18	90	5:34:20