



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

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Club: Team beVegt.de  
Number: 19

Course: 100.22 km  
Einzellauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 15:39:36

Speed: 6.39 km/h  
Running performance: 9:23 min/km

Rank in course/Total: 137 (of 246)

Rank in course/Men: 124 (of 215)

Best time in course: 8:53:45

Rank in category: 8(of 12)

Best time in the category: 8:53:45

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Glasbachwiese      | 27.39    | 3:39:12    | 8:00         | 9           | 1:17:44     | 162     | 1:28:15    | 27.39         | 3:39:12    | 8:00         | 9        | 1:17:44     | 162     | 1:28:15    |
| Floh-Seligenthal   | 27.74    | 3:47:00    | 8:10         | 10          | 1:14:11     | 146     | 1:25:20    | 55.13         | 7:26:12    | 8:05         | 9        | 2:31:23     | 146     | 2:53:35    |
| Finsterbergen      | 22.03    | 4:05:34    | 11:08        | 9           | 2:16:00     | 140     | 2:16:00    | 77.16         | 11:31:46   | 8:57         | 9        | 4:47:23     | 139     | 4:47:23    |
| Fröttstädt         | 23.06    | 4:07:50    | 10:44        | 7           | 1:58:28     | 99      | 1:58:28    | 100.22        | 15:39:36   | 9:22         | 8        | 6:45:51     | 124     | 6:45:51    |