



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Tuna, Manuel

Club: tsg helberhausen
Number: 170

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:49:27

Speed: 10.18 km/h
Running performance: 5:53 min/km

Rank in course/Total: 3 (of 246)

Rank in course/Men: 3 (of 215)

Best time in course: 8:53:45

Rank in category: 1(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	2:10:57	4:46	1	-	1	-	27.39	2:10:57	4:46	1	-	1	-
Floh-Seligenthal	27.74	2:21:40	5:06	1	-	1	-	55.13	4:32:37	4:56	1	-	1	-
Finsterbergen	22.03	2:35:37	7:03	3	9:50	10	46:03	77.16	7:08:14	5:32	1	-	3	23:51
Fröttstädt	23.06	2:41:13	6:59	4	11:59	9	31:51	100.22	9:49:27	5:52	1	-	3	55:42