



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Kater, Jörn

Club: Uslar
Number: 149

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 17:15:44

Speed: 5.79 km/h
Running performance: 10:20 min/km

Rank in course/Total: 177 (of 246)

Rank in course/Men: 156 (of 215)

Best time in course: 8:53:45

Rank in category: 29(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	3:46:21	8:15	29	1:35:24	176	1:35:24	27.39	3:46:21	8:15	29	1:35:24	176	1:35:24
Floh-Seligenthal	27.74	4:27:32	9:38	34	2:05:52	197	2:05:52	55.13	8:13:53	8:57	34	3:41:16	194	3:41:16
Finsterbergen	22.03	4:30:07	12:15	31	2:04:20	168	2:40:33	77.16	12:44:00	9:54	31	5:35:46	171	5:59:37
Fröttstädt	23.06	4:31:44	11:47	30	2:02:30	143	2:22:22	100.22	17:15:44	10:20	29	7:26:17	156	8:21:59