



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Urlaub, Martin

Club: Endorphinjunkies.de Dortmund  
Number: 80

Course: 100.22 km  
Einzellauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 17:20:27

Speed: 5.77 km/h  
Running performance: 10:23 min/km

Rank in course/Total: 180 (of 246)

Rank in course/Men: 160 (of 215)

Best time in course: 8:53:45

Rank in category: 22(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	3:54:17	8:33	29	1:35:16	196	1:43:20	27.39	3:54:17	8:33	29	1:35:16	196	1:43:20
Floh-Seligenthal	27.74	4:19:36	9:21	28	1:49:37	187	1:57:56	55.13	8:13:53	8:57	28	3:24:53	194	3:41:16
Finsterbergen	22.03	4:36:44	12:33	25	2:07:54	172	2:47:10	77.16	12:50:37	9:59	25	5:17:25	173	6:06:14
Fröttstädt	23.06	4:29:50	11:42	21	1:45:25	138	2:20:28	100.22	17:20:27	10:22	22	6:35:49	160	8:26:42