



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Niewald, Carsten

Club: Laufen gegen Leiden
Number: 102

Course: 100.22 km
Einzellauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 17:20:53

Speed: 5.78 km/h
Running performance: 10:23 min/km

Rank in course/Total: 181 (of 246)

Rank in course/Men: 161 (of 215)

Best time in course: 8:53:45

Rank in category: 23(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	3:54:20	8:33	30	1:35:19	197	1:43:23	27.39	3:54:20	8:33	30	1:35:19	197	1:43:23
Floh-Seligenthal	27.74	4:16:45	9:15	26	1:46:46	183	1:55:05	55.13	8:11:05	8:54	27	3:22:05	191	3:38:28
Finsterbergen	22.03	4:39:49	12:42	26	2:10:59	175	2:50:15	77.16	12:50:54	9:59	26	5:17:42	174	6:06:31
Fröttstädt	23.06	4:29:59	11:42	22	1:45:34	139	2:20:37	100.22	17:20:53	10:23	23	6:36:15	161	8:27:08