



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen
Number: 167

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:06:44

Speed: 9.91 km/h
Running performance: 6:03 min/km

Rank in course/Total: 5 (of 246)

Rank in course/Men: 5 (of 215)

Best time in course: 8:53:45

Rank in category: 2(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	2:34:36	5:38	2	23:39	12	23:39	27.39	2:34:36	5:38	2	23:39	12	23:39
Floh-Seligenthal	27.74	2:37:07	5:39	2	15:27	10	15:27	55.13	5:11:43	5:39	2	39:06	9	39:06
Finsterbergen	22.03	2:25:47	6:37	1	-	6	36:13	77.16	7:37:30	5:55	2	29:16	9	53:07
Fröttstädt	23.06	2:29:14	6:28	1	-	5	19:52	100.22	10:06:44	6:03	2	17:17	5	1:12:59