



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Knauer, Daniel

Club: Brockenlaufverein Ilsenburg
Number: 228

Course: 100.22 km
Einzellauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 10:19:57

Speed: 9.68 km/h
Running performance: 6:11 min/km

Rank in course/Total: 8 (of 246)

Rank in course/Men: 8 (of 215)

Best time in course: 8:53:45

Rank in category: 3(of 23)

Best time in the category: 10:13:58

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	2:32:56	5:35	2	11:23	7	21:59	27.39	2:32:56	5:35	2	11:23	7	21:59
Floh-Seligenthal	27.74	2:28:36	5:21	1	-	3	6:56	55.13	5:01:32	5:28	2	6:30	6	28:55
Finsterbergen	22.03	2:23:05	6:29	2	0:24	5	33:31	77.16	7:24:37	5:45	1	-	4	40:14
Fröttstädt	23.06	2:55:20	7:36	5	33:06	16	45:58	100.22	10:19:57	6:11	3	5:59	8	1:26:12