



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Steinbach, Frank

Club: Kamen
Number: 263

Course: 100.22 km
Einzellauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 11:01:01

Speed: 9.10 km/h
Running performance: 6:36 min/km

Rank in course/Total: 14 (of 246)

Rank in course/Men: 14 (of 215)

Best time in course: 8:53:45

Rank in category: 2(of 59)

Best time in the category: 9:28:47

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	2:36:08	5:42	4	18:55	14	25:11	27.39	2:36:08	5:42	4	18:55	14	25:11
Floh-Seligenthal	27.74	2:46:02	5:59	4	23:47	21	24:22	55.13	5:22:10	5:50	4	42:42	16	49:33
Finsterbergen	22.03	2:45:14	7:30	2	23:23	15	55:40	77.16	8:07:24	6:19	2	1:06:05	14	1:23:01
Fröttstädt	23.06	2:53:37	7:31	2	26:09	15	44:15	100.22	11:01:01	6:35	2	1:32:14	14	2:07:16