



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

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Club: LG Emsdetten
Number: 280

Course: 100.22 km
Einzellauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 11:02:24

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 15 (of 246)

Rank in course/Men: 15 (of 215)

Best time in course: 8:53:45

Rank in category: 5(of 23)

Best time in the category: 10:13:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:46:06	6:03	5	24:33	32	35:09	27.39	2:46:06	6:03	5	24:33	32	35:09
Floh-Seligenthal	27.74	2:53:15	6:14	5	24:39	30	31:35	55.13	5:39:21	6:09	5	44:19	29	1:06:44
Finsterbergen	22.03	2:42:23	7:22	4	19:42	12	52:49	77.16	8:21:44	6:30	4	57:07	21	1:37:21
Fröttstädt	23.06	2:40:40	6:58	2	18:26	8	31:18	100.22	11:02:24	6:36	5	48:26	15	2:08:39