



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Aust, Frank

Club: Lauffeuer Fröttstädt e.V.
Number: 234

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:28:47

Speed: 8.71 km/h
Running performance: 6:52 min/km

Rank in course/Total: 20 (of 246)

Rank in course/Men: 19 (of 215)

Best time in course: 8:53:45

Rank in category: 5(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	3:06:32	6:48	19	55:35	72	55:35	27.39	3:06:32	6:48	19	55:35	72	55:35
Floh-Seligenthal	27.74	2:50:26	6:08	6	28:46	25	28:46	55.13	5:56:58	6:28	14	1:24:21	45	1:24:21
Finsterbergen	22.03	2:56:09	7:59	8	30:22	26	1:06:35	77.16	8:53:07	6:54	12	1:44:53	37	2:08:44
Fröttstädt	23.06	2:35:40	6:45	2	6:26	6	26:18	100.22	11:28:47	6:52	5	1:39:20	19	2:35:02