



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Bechmann, Rico

Club: Sonntagsläufer Tambach-Dietharz  
Number: 4

Course: 100.22 km  
Einzellauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 11:32:11

Speed: 8.67 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 22 (of 246)

Rank in course/Men: 21 (of 215)

Best time in course: 8:53:45

Rank in category: 3(of 12)

Best time in the category: 8:53:45

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	2:31:05	5:30	2	9:37	6	20:08	27.39	2:31:05	5:30	2	9:37	6	20:08
Floh-Seligenthal	27.74	2:32:49	5:30	1	-	5	11:09	55.13	5:03:54	5:30	2	9:05	7	31:17
Finsterbergen	22.03	2:50:20	7:43	3	1:00:46	21	1:00:46	77.16	7:54:14	6:08	3	1:09:51	11	1:09:51
Fröttstädt	23.06	3:37:57	9:27	6	1:28:35	58	1:28:35	100.22	11:32:11	6:54	3	2:38:26	21	2:38:26