



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Tüttmann, Ralf

Club: Laufend was erleben
Number: 262

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:47:25

Speed: 8.48 km/h
Running performance: 7:04 min/km

Rank in course/Total: 28 (of 246)

Rank in course/Men: 27 (of 215)

Best time in course: 8:53:45

Rank in category: 10(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	2:53:35	6:20	13	42:38	45	42:38	27.39	2:53:35	6:20	13	42:38	45	42:38
Floh-Seligenthal	27.74	2:54:05	6:16	9	32:25	33	32:25	55.13	5:47:40	6:18	11	1:15:03	39	1:15:03
Finsterbergen	22.03	2:57:18	8:02	11	31:31	31	1:07:44	77.16	8:44:58	6:48	10	1:36:44	32	2:00:35
Fröttstädt	23.06	3:02:27	7:54	6	33:13	19	53:05	100.22	11:47:25	7:03	10	1:57:58	27	2:53:40