



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Ziehm, Udo

Club: Potsdam

Number: 47

Course: 100.22 km

Einzellauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 12:10:43

Speed: 8.21 km/h

Running performance: 7:17 min/km

Rank in course/Total: 34 (of 246)

Rank in course/Men: 32 (of 215)

Best time in course: 8:53:45

Rank in category: 4(of 28)

Best time in the category: 10:52:47

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	2:49:21	6:10	6	11:19	38	38:24	27.39	2:49:21	6:10	6	11:19	38	38:24
Floh-Seligenthal	27.74	2:56:32	6:21	4	12:54	37	34:52	55.13	5:45:53	6:16	5	23:35	36	1:13:16
Finsterbergen	22.03	2:56:41	8:01	3	10:23	29	1:07:07	77.16	8:42:34	6:46	4	33:58	31	1:58:11
Fröttstädt	23.06	3:28:09	9:01	8	43:58	44	1:18:47	100.22	12:10:43	7:17	4	1:17:56	32	3:16:58