



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

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Club: Lauffeuer Fröttstädt  
Number: 176

Course: 100.22 km  
Einzellauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:17:31

Speed: 8.15 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 35 (of 246)

Rank in course/Men: 33 (of 215)

Best time in course: 8:53:45

Rank in category: 5(of 28)

Best time in the category: 10:52:47

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	2:53:48	6:20	7	15:46	46	42:51	27.39	2:53:48	6:20	7	15:46	46	42:51
Floh-Seligenthal	27.74	3:04:08	6:38	6	20:30	52	42:28	55.13	5:57:56	6:29	7	35:38	46	1:25:19
Finsterbergen	22.03	3:04:22	8:22	7	18:04	47	1:14:48	77.16	9:02:18	7:01	6	53:42	47	2:17:55
Fröttstädt	23.06	3:15:13	8:27	6	31:02	31	1:05:51	100.22	12:17:31	7:21	5	1:24:44	33	3:23:46