



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Gähler, Marek

Club: FUHUK 100 km Erzgebirge
Number: 148

Course: 100.22 km
Einzellauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 12:28:54

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 42 (of 246)

Rank in course/Men: 39 (of 215)

Best time in course: 8:53:45

Rank in category: 5(of 12)

Best time in the category: 8:53:45

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	3:20:05	7:18	7	58:37	110	1:09:08	27.39	3:20:05	7:18	7	58:37	110	1:09:08
Floh-Seligenthal	27.74	3:06:00	6:42	5	33:11	54	44:20	55.13	6:26:05	7:00	7	1:31:16	75	1:53:28
Finsterbergen	22.03	3:02:40	8:17	5	1:13:06	42	1:13:06	77.16	9:28:45	7:22	5	2:44:22	61	2:44:22
Fröttstädt	23.06	3:00:09	7:48	3	50:47	17	50:47	100.22	12:28:54	7:28	5	3:35:09	39	3:35:09