



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Höper, Hanno

Club: TSV Lensahn
Number: 182

Course: 100.22 km
Einzellauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 12:37:47

Speed: 7.92 km/h
Running performance: 7:34 min/km

Rank in course/Total: 46 (of 246)

Rank in course/Men: 43 (of 215)

Best time in course: 8:53:45

Rank in category: 8(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	2:54:53	6:23	8	16:51	48	43:56	27.39	2:54:53	6:23	8	16:51	48	43:56
Floh-Seligenthal	27.74	3:16:30	7:05	10	32:52	84	54:50	55.13	6:11:23	6:44	9	49:05	61	1:38:46
Finsterbergen	22.03	3:13:37	8:47	8	27:19	60	1:24:03	77.16	9:25:00	7:19	9	1:16:24	57	2:40:37
Fröttstädt	23.06	3:12:47	8:21	4	28:36	29	1:03:25	100.22	12:37:47	7:33	8	1:45:00	43	3:44:02