



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha  
Number: 2

Course: 100.22 km  
Einzellauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:46:49

Speed: 7.84 km/h  
Running performance: 7:39 min/km

Rank in course/Total: 51 (of 246)

Rank in course/Men: 48 (of 215)

Best time in course: 8:53:45

Rank in category: 14(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	2:43:42	5:58	5	32:45	26	32:45	27.39	2:43:42	5:58	5	32:45	26	32:45
Floh-Seligenthal	27.74	2:56:55	6:22	13	35:15	40	35:15	55.13	5:40:37	6:10	8	1:08:00	30	1:08:00
Finsterbergen	22.03	3:12:15	8:43	17	46:28	57	1:22:41	77.16	8:52:52	6:54	11	1:44:38	36	2:08:29
Fröttstädt	23.06	3:53:57	10:08	22	1:24:43	80	1:44:35	100.22	12:46:49	7:39	14	2:57:22	48	3:53:04