



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Hellrung, Heiko

Club: Bad Sooden-Allendorf
Number: 93

Course: 100.22 km
Einzellauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:06:34

Speed: 7.64 km/h
Running performance: 7:51 min/km

Rank in course/Total: 60 (of 246)

Rank in course/Men: 56 (of 215)

Best time in course: 8:53:45

Rank in category: 6(of 59)

Best time in the category: 9:28:47

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	3:13:31	7:03	19	56:18	86	1:02:34	27.39	3:13:31	7:03	19	56:18	86	1:02:34
Floh-Seligenthal	27.74	3:12:48	6:57	14	50:33	70	51:08	55.13	6:26:19	7:00	17	1:46:51	77	1:53:42
Finsterbergen	22.03	3:02:16	8:16	4	40:25	41	1:12:42	77.16	9:28:35	7:22	9	2:27:16	60	2:44:12
Fröttstädt	23.06	3:37:59	9:27	9	1:10:31	59	1:28:37	100.22	13:06:34	7:50	6	3:37:47	56	4:12:49