



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Förkel, Detlev

Number: 283

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:24:39

Speed: 8.06 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 89 (of 272)

Rank in course/Men: 80 (of 232)

Best time in course: 8:54:18

Rank in category: 21(of 47)

Best time in the category: 9:33:21

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	2:41:51	5:54	10	18:01	29	32:10	27.39	2:41:51	5:54	2		89	32:10
Floh-Seligenthal	27.74	2:40:48	5:47	9	17:57	23	21:31	55.13	5:22:39	5:51	2		89	50:56
Finsterbergen	22.03	3:01:19	8:13	24	46:54	88	54:51	77.16	8:23:58	6:31	12		83	1:40:01
Fröttstädt	22.84	4:00:41	10:32	39	1:43:12	185	1:57:01	100.00	12:24:39	7:26	21	2:51:18	80	3:30:21