



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Frunzke, Thomas

Club: ohne  
Number: 87

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:28:20

Speed: 8.02 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 96 (of 272)

Rank in course/Men: 86 (of 232)

Best time in course: 8:54:18

Rank in category: 7(of 25)

Best time in the category: 10:20:32

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	3:18:21	7:14	10	46:27	113	1:08:40	27.39	3:18:21	7:14	19		96	1:08:40
Floh-Seligenthal	27.74	3:22:03	7:17	12	46:23	122	1:02:46	55.13	6:40:24	7:15	19		96	2:08:41
Finsterbergen	22.03	2:56:01	7:59	7	35:14	73	49:33	77.16	9:36:25	7:28	19		90	2:52:28
Fröttstädt	22.84	2:51:55	7:31	5	27:40	41	48:15	100.00	12:28:20	7:29	7	2:07:48	86	3:34:02