



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Rosenbaum, Ralf

Club: Triathlon Friedrichroda
Number: 250

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:50:54

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 12 (of 272)

Rank in course/Men: 12 (of 232)

Best time in course: 8:54:18

Rank in category: 3(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	2:27:56	5:24	3	4:06	11	18:15	27.39	2:27:56	5:24	28		14	18:15
Floh-Seligenthal	27.74	2:31:43	5:28	3	8:52	10	12:26	55.13	4:59:39	5:26	28		14	27:56
Finsterbergen	22.03	2:19:28	6:19	3	5:03	8	13:00	77.16	7:19:07	5:41	27		14	35:10
Fröttstädt	22.84	2:31:47	6:38	4	14:18	19	28:07	100.00	9:50:54	5:54	3	17:33	12	56:36