



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Häger, Sven-Eric

Club: KNBLO-Niederlande
Number: 9

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 14:12:19

Speed: 7.04 km/h
Running performance: 8:31 min/km

Rank in course/Total: 174 (of 272)

Rank in course/Men: 149 (of 232)

Best time in course: 8:54:18

Rank in category: 46(of 67)

Best time in the category: 8:54:18

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:45:03	8:12	62	1:35:22	204	1:35:22	27.39	3:45:03	8:12	3	12:21	161	1:35:22
Floh-Seligenthal	27.74	3:26:23	7:26	41	1:04:21	130	1:07:06	55.13	7:11:26	7:49	3	5:06	161	2:39:43
Finsterbergen	22.03	3:22:15	9:10	41	1:10:01	133	1:15:47	77.16	10:33:41	8:12	4		154	3:49:44
Fröttstädt	22.84	3:38:38	9:34	48	1:28:17	153	1:34:58	100.00	14:12:19	8:31	46	5:18:01	149	5:18:01