



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Laig, Uwe

Club: TV Hohne
Number: 227

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:15:11

Speed: 7.02 km/h
Running performance: 8:33 min/km

Rank in course/Total: 176 (of 272)

Rank in course/Men: 150 (of 232)

Best time in course: 8:54:18

Rank in category: 18(of 25)

Best time in the category: 10:20:32

| 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 | 3:39:02 | 7:59 | 21 | 1:07:08 | 193 | 1:29:21 | 27.39 | 3:39:02 | 7:59 | 8 | 10:50 | 162 | 1:29:21 |
| Floh-Seligenthal | 27.74 | 3:44:59 | 8:06 | 21 | 1:09:19 | 174 | 1:25:42 | 55.13 | 7:24:01 | 8:03 | 8 | 21:59 | 162 | 2:52:18 |
| Finsterbergen | 22.03 | 3:22:20 | 9:11 | 15 | 1:01:33 | 134 | 1:15:52 | 77.16 | 10:46:21 | 8:22 | 8 | 20:13 | 156 | 4:02:24 |
| Fröttstädt | 22.84 | 3:28:50 | 9:08 | 15 | 1:04:35 | 129 | 1:25:10 | 100.00 | 14:15:11 | 8:33 | 18 | 3:54:39 | 150 | 5:20:53 |