



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