



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Jahn, Henry

Club: SV Bad Düben  
Number: 89

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M50 (50-54 Jahre)

Total time: 14:28:03

Speed: 6.91 km/h  
Running performance: 8:41 min/km

Rank in course/Total: 192 (of 272)

Rank in course/Men: 164 (of 232)

Best time in course: 8:54:18

Rank in category: 50(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    | 3:20:41    | 7:19         | 40          | 1:11:00     | 127     | 1:11:00    | 27.39         | 3:20:41    | 7:19         | 33       |             | 174     | 1:11:00    |
| Floh-Seligenthal   | 27.74    | 3:49:44    | 8:16         | 55          | 1:27:42     | 183     | 1:30:27    | 55.13         | 7:10:25    | 7:48         | 33       | 4:05        | 176     | 2:38:42    |
| Finsterbergen      | 22.03    | 3:40:16    | 9:59         | 53          | 1:28:02     | 177     | 1:33:48    | 77.16         | 10:50:41   | 8:25         | 19       |             | 170     | 4:06:44    |
| Fröttstädt         | 22.84    | 3:37:22    | 9:31         | 44          | 1:27:01     | 145     | 1:33:42    | 100.00        | 14:28:03   | 8:40         | 50       | 5:33:45     | 164     | 5:33:45    |