



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

von Uleniecki, Alexander

Club: LG Mauerweg Berlin e.V.
Number: 231

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 16:05:44

Speed: 6.21 km/h
Running performance: 9:40 min/km

Rank in course/Total: 234 (of 272)

Rank in course/Men: 200 (of 232)

Best time in course: 8:54:18

Rank in category: 42(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	3:56:41	8:38	45	1:32:51	218	1:47:00	27.39	3:56:41	8:38	23	24:06	213	1:47:00
Floh-Seligenthal	27.74	3:58:51	8:36	45	1:36:00	202	1:39:34	55.13	7:55:32	8:37	23	54:30	213	3:23:49
Finsterbergen	22.03	3:59:55	10:53	43	1:45:30	204	1:53:27	77.16	11:55:27	9:16	22	1:28:27	207	5:11:30
Fröttstädt	22.84	4:10:17	10:57	41	1:52:48	190	2:06:37	100.00	16:05:44	9:39	42	6:32:23	200	7:11:26