



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Hardes, Christoph

Club: Paderborn
Number: 144

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:21:45

Speed: 8.80 km/h
Running performance: 6:49 min/km

Rank in course/Total: 45 (of 272)

Rank in course/Men: 42 (of 232)

Best time in course: 8:54:18

Rank in category: 11(of 36)

Best time in the category: 8:59:27

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	2:50:09	6:12	10	22:25	46	40:28	27.39	2:50:09	6:12	30		49	40:28
Floh-Seligenthal	27.74	3:01:05	6:31	15	39:31	69	41:48	55.13	5:51:14	6:22	30		49	1:19:31
Finsterbergen	22.03	2:40:13	7:16	10	33:45	39	33:45	77.16	8:31:27	6:37	29		44	1:47:30
Fröttstädt	22.84	2:50:18	7:27	8	46:38	38	46:38	100.00	11:21:45	6:49	11	2:22:18	42	2:27:27