



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Gokeler, Achim

Club: Tri-Team Staufen
Number: 291

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M40 (40-44 Jahre)

Total time: 8:59:27

Speed: 11.12 km/h
Running performance: 5:23 min/km

Rank in course/Total: 3 (of 272)

Rank in course/Men: 3 (of 232)

Best time in course: 8:54:18

Rank in category: 1(of 36)

Best time in the category: 8:59:27

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	2:27:45	5:23	2	0:01	9	18:04	27.39	2:27:45	5:23	28		3	18:04
Floh-Seligenthal	27.74	2:21:34	5:06	1	-	3	2:17	55.13	4:49:19	5:14	28		3	17:36
Finsterbergen	22.03	2:06:28	5:44	1	-	1	-	77.16	6:55:47	5:23	28		3	11:50
Fröttstädt	22.84	2:03:40	5:24	1	-	1	-	100.00	8:59:27	5:23	1	-	3	5:09