



8. Thüringer ULTRA
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Ziehm, Udo

Club: Potsdam
Number: 77

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:05:57

Speed: 8.27 km/h
Running performance: 7:16 min/km

Rank in course/Total: 71 (of 272)

Rank in course/Men: 62 (of 232)

Best time in course: 8:54:18

Rank in category: 15(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	2:53:04	6:19	13	43:23	52	43:23	27.39	2:53:04	6:19	36		71	43:23
Floh-Seligenthal	27.74	2:57:04	6:22	12	35:02	54	37:47	55.13	5:50:08	6:21	36		71	1:18:25
Finsterbergen	22.03	2:56:00	7:59	15	43:46	72	49:32	77.16	8:46:08	6:49	36		65	2:02:11
Fröttstädt	22.84	3:19:49	8:44	29	1:09:28	106	1:16:09	100.00	12:05:57	7:15	15	3:11:39	62	3:11:39