



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Dietz, Ralph

Club: team deutschland  
Number: 104

Course: 100.22 km  
Einzellauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:23:31

Speed: 7.47 km/h  
Running performance: 8:01 min/km

Rank in course/Total: 67 (of 246)

Rank in course/Men: 63 (of 215)

Best time in course: 8:53:45

Rank in category: 8(of 59)

Best time in the category: 9:28:47

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	2:50:27	6:13	7	33:14	42	39:30	27.39	2:50:27	6:13	7	33:14	42	39:30
Floh-Seligenthal	27.74	2:53:48	6:15	6	31:33	32	32:08	55.13	5:44:15	6:14	6	1:04:47	34	1:11:38
Finsterbergen	22.03	3:19:25	9:03	11	57:34	69	1:29:51	77.16	9:03:40	7:02	6	2:02:21	48	2:19:17
Fröttstädt	23.06	4:19:51	11:16	28	1:52:23	126	2:10:29	100.22	13:23:31	8:01	8	3:54:44	63	4:29:46