



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig  
Number: 245

Course: 100.22 km  
Einzellauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 15:17:01

Speed: 6.54 km/h  
Running performance: 9:09 min/km

Rank in course/Total: 127 (of 246)

Rank in course/Men: 115 (of 215)

Best time in course: 8:53:45

Rank in category: 17(of 28)

Best time in the category: 10:52:47

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	3:44:04	8:10	24	1:06:02	170	1:33:07	27.39	3:44:04	8:10	24	1:06:02	170	1:33:07
Floh-Seligenthal	27.74	3:49:30	8:16	22	1:05:52	151	1:27:50	55.13	7:33:34	8:13	22	2:11:16	160	3:00:57
Finsterbergen	22.03	3:54:08	10:37	15	1:07:50	119	2:04:34	77.16	11:27:42	8:54	20	3:19:06	138	4:43:19
Fröttstädt	23.06	3:49:19	9:56	12	1:05:08	77	1:39:57	100.22	15:17:01	9:09	17	4:24:14	115	6:23:16