



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV
Number: 202

Course: 100.22 km
Einzellauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 16:43:16

Speed: 5.98 km/h
Running performance: 10:01 min/km

Rank in course/Total: 166 (of 246)

Rank in course/Men: 148 (of 215)

Best time in course: 8:53:45

Rank in category: 4(of 7)

Best time in the category: 15:07:40

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 | 3:53:21 | 8:31 | 5 | 44:40 | 193 | 1:42:24 | 27.39 | 3:53:21 | 8:31 | 5 | 44:40 | 193 | 1:42:24 |
| Floh-Seligenthal | 27.74 | 4:13:07 | 9:07 | 5 | 47:22 | 176 | 1:51:27 | 55.13 | 8:06:28 | 8:49 | 4 | 1:32:02 | 181 | 3:33:51 |
| Finsterbergen | 22.03 | 4:17:44 | 11:41 | 3 | 16:47 | 159 | 2:28:10 | 77.16 | 12:24:12 | 9:38 | 4 | 1:46:33 | 166 | 5:39:49 |
| Fröttstädt | 23.06 | 4:19:04 | 11:14 | 2 | 8:50 | 124 | 2:09:42 | 100.22 | 16:43:16 | 10:00 | 4 | 1:35:36 | 148 | 7:49:31 |