



9. Thüringer ULTRA

Fröttstädt / 04.07.2015

Detailed evaluation

Derespina, Jonah

Club: TvE 1848

Number: 229

Course: 100.22 km

Einzellauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 16:51:52

Speed: 5.93 km/h

Running performance: 10:06 min/km

Rank in course/Total: 169 (of 246)

Rank in course/Men: 151 (of 215)

Best time in course: 8:53:45

Rank in category: 20(of 23)

Best time in the category: 10:13:58

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	3:52:29	8:29	22	1:30:56	189	1:41:32	27.39	3:52:29	8:29	22	1:30:56	189	1:41:32
Floh-Seligenthal	27.74	4:14:09	9:09	22	1:45:33	180	1:52:29	55.13	8:06:38	8:49	23	3:11:36	183	3:34:01
Finsterbergen	22.03	4:05:07	11:07	19	1:42:26	138	2:15:33	77.16	12:11:45	9:29	21	4:47:08	158	5:27:22
Fröttstädt	23.06	4:40:07	12:08	20	2:17:53	153	2:30:45	100.22	16:51:52	10:05	20	6:37:54	151	7:58:07