



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

Detailed evaluation

Sistermanns, Elmar

Club: LG Mörfelden-Walldorf
Number: 30

Course: 100.22 km
Einzellauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:37:20

Speed: 7.94 km/h
Running performance: 7:34 min/km

Rank in course/Total: 45 (of 246)

Rank in course/Men: 42 (of 215)

Best time in course: 8:53:45

Rank in category: 4(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	3:00:34	6:35	12	43:21	57	49:37	27.39	3:00:34	6:35	12	43:21	57	49:37
Floh-Seligenthal	27.74	3:03:36	6:37	8	41:21	50	41:56	55.13	6:04:10	6:36	9	1:24:42	53	1:31:33
Finsterbergen	22.03	3:03:30	8:19	5	41:39	46	1:13:56	77.16	9:07:40	7:05	7	2:06:21	50	2:23:17
Fröttstädt	23.06	3:29:40	9:05	4	1:02:12	46	1:20:18	100.22	12:37:20	7:33	4	3:08:33	42	3:43:35