



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Kummer, Steffen

Club: Ritter Sport Freunde  
Number: 182

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:19:43

Speed: 8.11 km/h  
Running performance: 7:23 min/km

Rank in course/Total: 67 (of 216)

Rank in course/Men: 61 (of 181)

Best time in course: 8:48:12

Rank in category: 18(of 43)

Best time in the category: 9:49:30

Control	Intermediate times				Stage score				Total ranking					
	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	27.00	3:12:56	7:08	16	36:00	62	47:44	27.00	3:12:56	7:08	16	36:00	61	47:44
Floh-Seligenthal	27.00	3:06:02	6:53	12	32:48	44	45:02	54.00	6:18:58	7:01	14	1:07:41	53	1:32:46
Finsterbergen	22.00	3:04:34	8:23	22	50:50	70	1:04:32	76.00	9:23:32	7:24	18	1:49:54	61	2:34:26
Prefinish	23.70	2:54:52	7:22	18	43:46	62	56:49	99.70	12:18:24	7:24	18	2:30:02	60	3:31:15
Fröttstädt	0.50	1:19	2:38	14	0:16	45	0:20	100.20	12:19:43	7:22	18	2:30:13	61	3:31:31