



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Gonschorek, Sebastian

Club: Team Meldeläufer  
Number: 69

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M35 (35-39 Jahre)

Total time: 12:20:18

Speed: 8.10 km/h  
Running performance: 7:23 min/km

Rank in course/Total: 68 (of 216)

Rank in course/Men: 62 (of 181)

Best time in course: 8:48:12

Rank in category: 8(of 18)

Best time in the category: 8:48:12

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	9	47:44	62	47:44	27.00	3:12:56	7:08	8	47:44	61	47:44
Floh-Seligenthal	27.00	3:21:00	7:26	10	1:00:00	76	1:00:00	54.00	6:33:56	7:17	8	1:47:44	70	1:47:44
Finsterbergen	22.00	3:00:28	8:12	9	1:00:26	66	1:00:26	76.00	9:34:24	7:33	8	2:45:18	70	2:45:18
Prefinish	23.70	2:44:35	6:56	6	46:32	43	46:32	99.70	12:18:59	7:24	7	3:31:50	61	3:31:50
Fröttstädt	0.50	1:19	2:38	6	0:16	45	0:20	100.20	12:20:18	7:23	8	3:32:06	62	3:32:06