



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha

Number: 56

Course: 100.20 km

100 Kilometer

Category:

Senioren M55 (55-59 Jahre)

Total time: 12:24:37

Speed: 8.06 km/h

Running performance: 7:26 min/km

Rank in course/Total: 69 (of 216)

Rank in course/Men: 63 (of 181)

Best time in course: 8:48:12

Rank in category: 9(of 28)

Best time in the category: 9:25:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	2:57:27	6:34	6	24:11	35	32:15	27.00	2:57:27	6:34	6	24:11	34	32:15
Floh-Seligenthal	27.00	3:11:41	7:05	8	45:04	57	50:41	54.00	6:09:08	6:50	7	1:09:15	43	1:22:56
Finsterbergen	22.00	3:17:19	8:58	13	1:03:44	98	1:17:17	76.00	9:26:27	7:27	8	2:12:59	63	2:37:21
Prefinish	23.70	2:56:57	7:27	9	46:21	65	58:54	99.70	12:23:24	7:27	9	2:59:20	62	3:36:15
Fröttstädt	0.50	1:13	2:25	1	-	19	0:14	100.20	12:24:37	7:25	9	2:59:19	63	3:36:25