



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Loch, Wolfram

Club: USV Jena  
Number: 108

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:28:34

Speed: 8.02 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 71 (of 216)

Rank in course/Men: 65 (of 181)

Best time in course: 8:48:12

Rank in category: 20(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	3:10:12	7:02	13	33:16	57	45:00	27.00	3:10:12	7:02	13	33:16	56	45:00
Floh-Seligenthal	27.00	3:23:21	7:31	22	50:07	81	1:02:21	54.00	6:33:33	7:17	18	1:22:16	69	1:47:21
Finsterbergen	22.00	2:49:57	7:43	14	36:13	53	49:55	76.00	9:23:30	7:24	17	1:49:52	60	2:34:24
Prefinish	23.70	3:03:54	7:45	22	52:48	78	1:05:51	99.70	12:27:24	7:29	20	2:39:02	64	3:40:15
Fröttstädt	0.50	1:10	2:20	6	0:07	11	0:11	100.20	12:28:34	7:28	20	2:39:04	65	3:40:22