



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Steingraf, Mario

Club: SFG Nellschütz  
Number: 174

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 12:30:46

Speed: 7.99 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 74 (of 216)

Rank in course/Men: 67 (of 181)

Best time in course: 8:48:12

Rank in category: 10(of 38)

Best time in the category: 10:23:21

Intermediate times				Stage score				Total ranking						
Control	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	2:59:55	6:39	9	10:31	43	34:43	27.00	2:59:55	6:39	9	10:31	42	34:43
Floh-Seligenthal	27.00	3:23:08	7:31	15	35:59	80	1:02:08	54.00	6:23:03	7:05	10	46:30	58	1:36:51
Finsterbergen	22.00	3:05:24	8:25	13	34:15	72	1:05:22	76.00	9:28:27	7:28	12	1:20:31	68	2:39:21
Prefinish	23.70	3:00:52	7:37	13	46:42	71	1:02:49	99.70	12:29:19	7:30	10	2:07:13	65	3:42:10
Fröttstädt	0.50	1:27	2:53	14	0:15	78	0:28	100.20	12:30:46	7:29	10	2:07:25	67	3:42:34