



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Fischer, Thomas

Club: RLT Rodgau
Number: 1098

Course: 160.00 km
100 Meilen

Category:
Senioren M45 (45-49 Jahre)

Total time: 21:32:30

Speed: 7.43 km/h
Running performance: 8:05 min/km

Rank in course/Total: 11 (of 108)

Rank in course/Men: 11 (of 98)

Best time in course: 17:27:33

Rank in category: 5(of 15)

Best time in the category: 17:27:33

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
Hörselberg	42.50	4:40:22	6:35	7	44:35	26	44:35	42.50	4:40:22	6:35	16	44:35	94	44:35
Sontra	27.50	4:17:47	9:22	4	52:54	15	1:14:45	70.00	8:58:09	7:41	16	1:37:29	91	1:37:29
Glasbachwiese	17.00	2:36:24	9:12	4	22:00	11	43:32	87.00	11:34:33	7:58	16	1:59:29	89	1:59:29
Gensberg/Brotte	13.00	2:10:07	10:00	4	24:10	10	24:10	100.00	13:44:40	8:14	16	2:23:39	80	2:23:39
Floh-Seligenthal	14.00	1:23:44	5:58	4	18:30	14	18:30	114.00	15:08:24	7:58	15	2:42:09	78	2:42:09
Finsterbergen	22.00	3:13:43	8:48	6	42:23	14	42:23	136.00	18:22:07	8:06	15	3:24:32	73	3:24:32
Prefinish	23.50	3:09:06	8:02	7	40:20	19	40:20	159.50	21:31:13	8:05	14	4:04:52	71	4:04:52
Fröttstädt	0.50	1:17	2:34	5	0:08	8	0:11	160.00	21:32:30	8:04	5	4:04:57	11	4:04:57