



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Gass, Wolfgang

Club: Kleinmachnow
Number: 186

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 12:41:59

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 77 (of 216)

Rank in course/Men: 71 (of 181)

Best time in course: 8:48:12

Rank in category: 10(of 28)

Best time in the category: 9:25:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Men	Men				
Glasbachwiese	27.00	3:15:58	7:15	11	42:42	73	50:46	27.00	3:15:58	7:15	11	42:42	72	50:46
Floh-Seligenthal	27.00	3:14:26	7:12	9	47:49	61	53:26	54.00	6:30:24	7:13	10	1:30:31	64	1:44:12
Finsterbergen	22.00	3:11:43	8:42	11	58:08	88	1:11:41	76.00	9:42:07	7:39	10	2:28:39	72	2:53:01
Prefinish	23.70	2:58:32	7:31	10	47:56	66	1:00:29	99.70	12:40:39	7:37	10	3:16:35	70	3:53:30
Fröttstädt	0.50	1:20	2:39	6	0:07	52	0:21	100.20	12:41:59	7:36	10	3:16:41	71	3:53:47