



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Zoremba, Sebastian

Club: Herdenlos  
Number: 192

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 12:48:28

Speed: 7.81 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 82 (of 216)

Rank in course/Men: 75 (of 181)

Best time in course: 8:48:12

Rank in category: 11(of 22)

Best time in the category: 9:37:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Glasbachwiese	27.00	3:27:06	7:40	15	99	1:00:29	1:01:54	27.00	3:27:06	7:40	15	98	1:00:29	1:01:54
Floh-Seligenthal	27.00	3:20:50	7:26	12	75	52:04	59:50	54.00	6:47:56	7:33	14	86	1:39:49	2:01:44
Finsterbergen	22.00	3:07:53	8:32	12	83	55:50	1:07:51	76.00	9:55:49	7:50	13	83	2:35:39	3:06:43
Prefinish	23.70	2:51:18	7:13	11	54	35:44	53:15	99.70	12:47:07	7:41	11	74	3:11:23	3:59:58
Fröttstädt	0.50	1:21	2:42	11	58	0:13	0:22	100.20	12:48:28	7:40	11	75	3:11:28	4:00:16