



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

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Club: Lauffreunde Emsland  
Number: 115

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:09:51

Speed: 7.60 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 91 (of 216)

Rank in course/Men: 82 (of 181)

Best time in course: 8:48:12

Rank in category: 18(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	3:30:45	7:48	22	41:21	103	1:05:33	27.00	3:30:45	7:48	22	41:21	102	1:05:33
Floh-Seligenthal	27.00	3:20:49	7:26	13	33:40	74	59:49	54.00	6:51:34	7:37	19	1:15:01	89	2:05:22
Finsterbergen	22.00	3:04:14	8:22	12	33:05	69	1:04:12	76.00	9:55:48	7:50	18	1:47:52	82	3:06:42
Prefinish	23.70	3:12:29	8:07	23	58:19	89	1:14:26	99.70	13:08:17	7:54	18	2:46:11	81	4:21:08
Fröttstädt	0.50	1:34	3:07	26	0:22	109	0:35	100.20	13:09:51	7:52	18	2:46:30	82	4:21:39