



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Malsch, Stefan

Club: Schwallungen
Number: 30

Course: 100.20 km
100 Kilometer

Category:
Senioren M30 (30-34 Jahre)

Total time: 13:23:45

Speed: 7.47 km/h
Running performance: 8:01 min/km

Rank in course/Total: 100 (of 216)

Rank in course/Men: 86 (of 181)

Best time in course: 8:48:12

Rank in category: 4(of 6)

Best time in the category: 9:52:57

Control	Intermediate times				Stage score				Total ranking					
	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	3:31:31	7:50	4	58:15	105	1:06:19	27.00	3:31:31	7:50	4	58:15	104	1:06:19
Floh-Seligenthal	27.00	3:23:40	7:32	4	45:49	83	1:02:40	54.00	6:55:11	7:41	4	1:44:04	91	2:08:59
Finsterbergen	22.00	3:06:21	8:28	4	41:55	77	1:06:19	76.00	10:01:32	7:54	4	2:25:59	86	3:12:26
Prefinish	23.70	3:20:42	8:28	5	1:04:27	99	1:22:39	99.70	13:22:14	8:02	4	3:30:26	85	4:35:05
Fröttstädt	0.50	1:31	3:01	5	0:32	98	0:32	100.20	13:23:45	8:01	4	3:30:48	86	4:35:33