



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Porstner, Crispin

Club: Bremen  
Number: 154

Course: 100.20 km  
100 Kilometer

Category:  
Männer (20-29 Jahre)

Total time: 13:33:06

Speed: 7.38 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 110 (of 216)

Rank in course/Men: 94 (of 181)

Best time in course: 8:48:12

Rank in category: 6(of 11)

Best time in the category: 10:44:48

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	3:25:14	7:36	7	47:56	97	1:00:02	27.00	3:25:14	7:36	7	47:56	96	1:00:02
Floh-Seligenthal	27.00	3:42:46	8:15	7	47:27	117	1:21:46	54.00	7:08:00	7:55	7	1:26:44	102	2:21:48
Finsterbergen	22.00	3:12:44	8:45	6	44:03	90	1:12:42	76.00	10:20:44	8:10	6	2:10:47	96	3:31:38
Prefinish	23.70	3:10:53	8:03	5	41:21	86	1:12:50	99.70	13:31:37	8:08	6	2:48:06	94	4:44:28
Fröttstädt	0.50	1:29	2:58	6	0:19	93	0:30	100.20	13:33:06	8:06	6	2:48:18	94	4:44:54