



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Münster, Bernward

Club: Köln
Number: 23

Course: 100.20 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 13:42:05

Speed: 7.30 km/h
Running performance: 8:12 min/km

Rank in course/Total: 115 (of 216)

Rank in course/Men: 98 (of 181)

Best time in course: 8:48:12

Rank in category: 24(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	3:34:17	7:56	23	44:53	118	1:09:05	27.00	3:34:17	7:56	23	44:53	117	1:09:05
Floh-Seligenthal	27.00	3:41:41	8:12	27	54:32	116	1:20:41	54.00	7:15:58	8:04	24	1:39:25	115	2:29:46
Finsterbergen	22.00	3:07:36	8:31	18	36:27	82	1:07:34	76.00	10:23:34	8:12	23	2:15:38	101	3:34:28
Prefinish	23.70	3:17:03	8:18	24	1:02:53	92	1:19:00	99.70	13:40:37	8:13	24	3:18:31	98	4:53:28
Fröttstädt	0.50	1:28	2:55	17	0:16	84	0:29	100.20	13:42:05	8:12	24	3:18:44	98	4:53:53