



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Kraus, Michael

Club: SC Aising-Pang  
Number: 149

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 14:04:32

Speed: 7.10 km/h  
Running performance: 8:26 min/km

Rank in course/Total: 127 (of 216)

Rank in course/Men: 107 (of 181)

Best time in course: 8:48:12

Rank in category: 26(of 38)

Best time in the category: 10:23:21

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	3:22:51	7:30	21	33:27	93	57:39	27.00	3:22:51	7:30	21	33:27	92	57:39
Floh-Seligenthal	27.00	3:32:43	7:52	21	45:34	101	1:11:43	54.00	6:55:34	7:41	20	1:19:01	93	2:09:22
Finsterbergen	22.00	3:33:07	9:41	30	1:01:58	128	1:33:05	76.00	10:28:41	8:16	25	2:20:45	105	3:39:35
Prefinish	23.70	3:34:18	9:02	30	1:20:08	118	1:36:15	99.70	14:02:59	8:27	26	3:40:53	107	5:15:50
Fröttstädt	0.50	1:33	3:06	24	0:21	106	0:34	100.20	14:04:32	8:25	26	3:41:11	107	5:16:20