



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Sprung, Jörg

Club: Lupus Team Zehdenick
Number: 80

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:10:56

Speed: 7.05 km/h
Running performance: 8:29 min/km

Rank in course/Total: 129 (of 216)

Rank in course/Men: 109 (of 181)

Best time in course: 8:48:12

Rank in category: 16(of 28)

Best time in the category: 9:25:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Glasbachwiese	27.00	3:32:19	7:51	17	110	59:03	1:07:07	27.00	3:32:19	7:51	17	109	59:03	1:07:07
Floh-Seligenthal	27.00	3:38:22	8:05	17	106	1:11:45	1:17:22	54.00	7:10:41	7:58	16	107	2:10:48	2:24:29
Finsterbergen	22.00	3:17:26	8:58	14	99	1:03:51	1:17:24	76.00	10:28:07	8:15	17	104	3:14:39	3:39:01
Prefinish	23.70	3:41:08	9:19	20	125	1:30:32	1:43:05	99.70	14:09:15	8:31	17	109	4:45:11	5:22:06
Fröttstädt	0.50	1:41	3:22	20	126	0:28	0:42	100.20	14:10:56	8:29	16	109	4:45:38	5:22:44