



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 |