



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Struzak, Bernd

Club: berlin-runner.de  
Number: 41

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M70 (70-74 Jahre)

Total time: 14:16:07

Speed: 7.01 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 132 (of 216)

Rank in course/Men: 112 (of 181)

Best time in course: 8:48:12

Rank in category: 1(of 2)

Best time in the category: 14:16:07

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	3:30:00	7:46	1	-	102	1:04:48	27.00	3:30:00	7:46	1	-	101	1:04:48
Floh-Seligenthal	27.00	4:07:03	9:09	2	2:44	156	1:46:03	54.00	7:37:03	8:27	1	-	138	2:50:51
Finsterbergen	22.00	3:26:40	9:23	1	-	117	1:26:38	76.00	11:03:43	8:43	1	-	127	4:14:37
Prefinish	23.70	3:10:53	8:03	1	-	86	1:12:50	99.70	14:14:36	8:34	1	-	112	5:27:27
Fröttstädt	0.50	1:31	3:01	1	-	98	0:32	100.20	14:16:07	8:32	1	-	112	5:27:55