



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Noa, Frank

Club: Rennsteiglaufverein
Number: 98

Course: 100.20 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 14:21:37

Speed: 6.96 km/h
Running performance: 8:36 min/km

Rank in course/Total: 135 (of 216)

Rank in course/Men: 114 (of 181)

Best time in course: 8:48:12

Rank in category: 28(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Glasbachwiese	27.00	3:45:24	8:20	27	56:00	132	1:20:12	27.00	3:45:24	8:20	27	56:00	131	1:20:12				
Floh-Seligenthal	27.00	3:40:52	8:10	26	53:43	114	1:19:52	54.00	7:26:16	8:15	27	1:49:43	126	2:40:04				
Finsterbergen	22.00	3:20:20	9:06	25	49:11	104	1:20:18	76.00	10:46:36	8:30	28	2:38:40	117	3:57:30				
Prefinish	23.70	3:33:26	9:00	29	1:19:16	117	1:35:23	99.70	14:20:02	8:37	28	3:57:56	114	5:32:53				
Fröttstädt	0.50	1:35	3:09	28	0:23	113	0:36	100.20	14:21:37	8:35	28	3:58:16	114	5:33:25				