



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Paulmann, Olaf

Club: Neuhof
Number: 218

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:21:28

Speed: 6.98 km/h
Running performance: 8:36 min/km

Rank in course/Total: 133 (of 216)

Rank in course/Men: 113 (of 181)

Best time in course: 8:48:12

Rank in category: 27(of 43)

Best time in the category: 9:49:30

Intermediate times				Stage score				Total ranking						
Control	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	3:24:35	7:34	24	47:39	96	59:23	27.00	3:24:35	7:34	24	47:39	95	59:23
Floh-Seligenthal	27.00	3:38:58	8:06	26	1:05:44	108	1:17:58	54.00	7:03:33	7:50	24	1:52:16	98	2:17:21
Finsterbergen	22.00	3:17:12	8:57	26	1:03:28	97	1:17:10	76.00	10:20:45	8:10	24	2:47:07	97	3:31:39
Prefinish	23.70	3:58:11	10:02	38	1:47:05	144	2:00:08	99.70	14:18:56	8:36	27	4:30:34	113	5:31:47
Fröttstädt	0.50	2:32	5:03	39	1:29	161	1:33	100.20	14:21:28	8:35	27	4:31:58	113	5:33:16