



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig  
Number: 1102

Course: 160.00 km  
100 Meilen

Category:  
Senioren M55 (55-59 Jahre)

Total time: 24:30:08

Speed: 6.53 km/h  
Running performance: 9:11 min/km

Rank in course/Total: 40 (of 108)

Rank in course/Men: 37 (of 98)

Best time in course: 17:27:33

Rank in category: 7(of 15)

Best time in the category: 20:52:02

| 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 |
| Hörselberg         | 42.50    | 5:19:46    | 7:31         | 14          | 52:23       | 65      | 1:23:59    | 42.50         | 5:19:46    | 7:31         | 16       | 52:23       | 94      | 1:23:59    |
| Sontra             | 27.50    | 4:48:58    | 10:30        | 9           | 33:35       | 39      | 1:45:56    | 70.00         | 10:08:44   | 8:41         | 16       | 1:13:45     | 91      | 2:48:04    |
| Glasbachwiese      | 17.00    | 2:51:15    | 10:04        | 8           | 58:23       | 32      | 58:23      | 87.00         | 12:59:59   | 8:57         | 16       | 1:36:23     | 89      | 3:24:55    |
| Gensberg/Brotte    | 13.00    | 2:40:25    | 12:20        | 12          | 36:52       | 55      | 54:28      | 100.00        | 15:40:24   | 9:24         | 16       | 2:13:15     | 80      | 4:19:23    |
| Floh-Seligenthal   | 14.00    | 1:22:19    | 5:52         | 2           | 4:42        | 12      | 17:05      | 114.00        | 17:02:43   | 8:58         | 16       | 2:17:57     | 78      | 4:36:28    |
| Finsterbergen      | 22.00    | 3:34:41    | 9:45         | 7           | 35:58       | 33      | 1:03:21    | 136.00        | 20:37:24   | 9:05         | 15       | 2:53:55     | 73      | 5:39:49    |
| Prefinish          | 23.50    | 3:50:55    | 9:49         | 10          | 43:50       | 46      | 1:22:09    | 159.50        | 24:28:19   | 9:12         | 15       | 3:37:45     | 71      | 7:01:58    |
| Fröttstädt         | 0.50     | 1:49       | 3:38         | 8           | 0:33        | 48      | 0:43       | 160.00        | 24:30:08   | 9:11         | 7        | 3:38:06     | 37      | 7:02:35    |