



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