



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland  
Number: 1052

Course: 160.00 km  
100 Meilen

Category:  
Senioren M50 (50-54 Jahre)

Total time: 23:42:06

Speed: 6.75 km/h  
Running performance: 8:53 min/km

Rank in course/Total: 29 (of 108)

Rank in course/Men: 26 (of 98)

Best time in course: 17:27:33

Rank in category: 7(of 30)

Best time in the category: 20:42:51

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	4:35:51	6:29	4	40:04	18	40:04	42.50	4:35:51	6:29	28	40:04	94	40:04
Sontra	27.50	4:24:25	9:36	4	48:09	18	1:21:23	70.00	9:00:16	7:43	26	1:28:13	91	1:39:36
Glasbachwiese	17.00	2:32:36	8:58	2	8:50	9	39:44	87.00	11:32:52	7:57	26	1:18:38	89	1:57:48
Gensberg/Brotte	13.00	2:12:03	10:09	3	11:08	14	26:06	100.00	13:44:55	8:14	22	32:17	80	2:23:54
Floh-Seligenthal	14.00	1:41:08	7:13	15	21:29	54	35:54	114.00	15:26:03	8:07	22	51:57	78	2:59:48
Finsterbergen	22.00	3:51:41	10:31	13	50:27	43	1:20:21	136.00	19:17:44	8:30	20	1:42:24	73	4:20:09
Prefinish	23.50	4:21:38	11:07	16	1:19:26	58	1:52:52	159.50	23:39:22	8:53	20	2:57:58	71	6:13:01
Fröttstädt	0.50	2:44	5:28	17	1:26	66	1:38	160.00	23:42:06	8:53	7	2:59:15	26	6:14:33