



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Bollnow, Frank

Club: Stralsund Runners
Number: 40

Course: 100.20 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 14:45:49

Speed: 6.77 km/h
Running performance: 8:50 min/km

Rank in course/Total: 149 (of 216)

Rank in course/Men: 127 (of 181)

Best time in course: 8:48:12

Rank in category: 16(of 22)

Best time in the category: 9:37:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	3:44:09	8:18	19	1:17:32	129	1:18:57	27.00	3:44:09	8:18	19	1:17:32	128	1:18:57
Floh-Seligenthal	27.00	3:30:47	7:48	15	1:02:01	99	1:09:47	54.00	7:14:56	8:03	17	2:06:49	112	2:28:44
Finsterbergen	22.00	3:31:33	9:36	16	1:19:30	124	1:31:31	76.00	10:46:29	8:30	16	3:26:19	115	3:57:23
Prefinish	23.70	3:57:17	10:00	18	1:41:43	140	1:59:14	99.70	14:43:46	8:51	16	5:08:02	126	5:56:37
Fröttstädt	0.50	2:03	4:05	18	0:55	145	1:04	100.20	14:45:49	8:50	16	5:08:49	127	5:57:37