



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Pleß, Dirk

Club: Bnzkow
Number: 46

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:45:54

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

Rank in course/Total: 150 (of 216)

Rank in course/Men: 128 (of 181)

Best time in course: 8:48:12

Rank in category: 33(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Glasbachwiese	27.00	3:44:12	8:18	31	130	1:07:16	1:19:00	27.00	3:44:12	8:18	31	129	1:07:16	1:19:00
Floh-Seligenthal	27.00	3:30:45	7:48	25	98	57:31	1:09:45	54.00	7:14:57	8:03	27	113	2:03:40	2:28:45
Finsterbergen	22.00	3:31:34	9:37	34	125	1:17:50	1:31:32	76.00	10:46:31	8:30	28	116	3:12:53	3:57:25
Prefinish	23.70	3:57:39	10:01	37	141	1:46:33	1:59:36	99.70	14:44:10	8:52	33	127	4:55:48	5:57:01
Fröttstädt	0.50	1:44	3:28	32	130	0:41	0:45	100.20	14:45:54	8:50	33	128	4:56:24	5:57:42