



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Ruppert, Ralf

Club: LG Oelde/Wadersloh
Number: 1050

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54 Jahre)

Total time: 23:47:37

Speed: 6.72 km/h
Running performance: 8:55 min/km

Rank in course/Total: 31 (of 108)

Rank in course/Men: 27 (of 98)

Best time in course: 17:27:33

Rank in category: 8(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	4:45:00	6:42	6	49:13	29	49:13	42.50	4:45:00	6:42	28	49:13	94	49:13
Sontra	27.50	4:57:51	10:49	14	1:21:35	55	1:54:49	70.00	9:42:51	8:19	26	2:10:48	91	2:22:11
Glasbachwiese	17.00	3:06:32	10:58	13	42:46	52	1:13:40	87.00	12:49:23	8:50	26	2:35:09	89	3:14:19
Gensberg/Brotte	13.00	2:29:07	11:28	10	28:12	39	43:10	100.00	15:18:30	9:11	22	2:05:52	80	3:57:29
Floh-Seligenthal	14.00	1:30:59	6:29	8	11:20	30	25:45	114.00	16:49:29	8:51	22	2:15:23	78	4:23:14
Finsterbergen	22.00	3:29:38	9:31	9	28:24	26	58:18	136.00	20:19:07	8:57	20	2:43:47	73	5:21:32
Prefinish	23.50	3:26:45	8:47	9	24:33	30	57:59	159.50	23:45:52	8:56	20	3:04:28	71	6:19:31
Fröttstädt	0.50	1:45	3:30	9	0:27	39	0:39	160.00	23:47:37	8:55	8	3:04:46	27	6:20:04