



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

Detailed evaluation

Köhler, Tom

Club: Marathon Steinfurt

Number: 225

Course: 100.20 km

100 Kilometer

Category:

Senioren M45 (45-49 Jahre)

Total time: 14:48:20

Speed: 6.77 km/h

Running performance: 8:52 min/km

Rank in course/Total: 152 (of 216)

Rank in course/Men: 130 (of 181)

Best time in course: 8:48:12

Rank in category: 34(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 Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Glasbachwiese	27.00	3:27:03	7:40	25	50:07	98	1:01:51	27.00	3:27:03	7:40	25	50:07	97	1:01:51			
Floh-Seligenthal	27.00	3:47:59	8:26	32	1:14:45	128	1:26:59	54.00	7:15:02	8:03	28	2:03:45	114	2:28:50			
Finsterbergen	22.00	3:38:23	9:55	37	1:24:39	136	1:38:21	76.00	10:53:25	8:35	31	3:19:47	121	4:04:19			
Prefinish	23.70	3:53:07	9:50	35	1:42:01	138	1:55:04	99.70	14:46:32	8:53	34	4:58:10	129	5:59:23			
Fröttstädt	0.50	1:48	3:36	33	0:45	138	0:49	100.20	14:48:20	8:51	34	4:58:50	130	6:00:08			