



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Gröger, Matthias

Club: Friedrichroda  
Number: 190

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:55:51

Speed: 6.70 km/h  
Running performance: 8:56 min/km

Rank in course/Total: 156 (of 216)

Rank in course/Men: 133 (of 181)

Best time in course: 8:48:12

Rank in category: 35(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	3:56:41	8:45	38	1:19:45	159	1:31:29	27.00	3:56:41	8:45	38	1:19:45	158	1:31:29
Floh-Seligenthal	27.00	3:48:34	8:27	33	1:15:20	129	1:27:34	54.00	7:45:15	8:36	37	2:33:58	146	2:59:03
Finsterbergen	22.00	3:22:15	9:11	29	1:08:31	108	1:22:13	76.00	11:07:30	8:46	34	3:33:52	131	4:18:24
Prefinish	23.70	3:46:30	9:33	32	1:35:24	127	1:48:27	99.70	14:54:00	8:58	35	5:05:38	132	6:06:51
Fröttstädt	0.50	1:51	3:42	34	0:48	139	0:52	100.20	14:55:51	8:56	35	5:06:21	133	6:07:39