



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Gnauert, Rene

Club: Berlin  
Number: 86

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 15:08:25

Speed: 6.62 km/h  
Running performance: 9:04 min/km

Rank in course/Total: 161 (of 216)

Rank in course/Men: 136 (of 181)

Best time in course: 8:48:12

Rank in category: 18(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	3:42:03	8:13	18	1:15:26	128	1:16:51	27.00	3:42:03	8:13	18	1:15:26	127	1:16:51
Floh-Seligenthal	27.00	3:40:01	8:08	16	1:11:15	111	1:19:01	54.00	7:22:04	8:11	19	2:13:57	122	2:35:52
Finsterbergen	22.00	3:41:07	10:03	18	1:29:04	139	1:41:05	76.00	11:03:11	8:43	18	3:43:01	125	4:14:05
Prefinish	23.70	4:03:27	10:16	19	1:47:53	150	2:05:24	99.70	15:06:38	9:05	18	5:30:54	135	6:19:29
Fröttstädt	0.50	1:47	3:34	17	0:39	135	0:48	100.20	15:08:25	9:03	18	5:31:25	136	6:20:13