



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