



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Giese, Kay

Club: Post SV Buxtehude  
Number: 1038

Course: 160.00 km  
100 Meilen

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:23:28

Speed: 6.30 km/h  
Running performance: 9:31 min/km

Rank in course/Total: 53 (of 108)

Rank in course/Men: 49 (of 98)

Best time in course: 17:27:33

Rank in category: 9(of 15)

Best time in the category: 17:27:33

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	5:19:07	7:30	10	1:23:20	56	1:23:20	42.50	5:19:07	7:30	16	1:23:20	94	1:23:20
Sontra	27.50	5:07:30	11:10	11	1:42:37	64	2:04:28	70.00	10:26:37	8:57	16	3:05:57	91	3:05:57
Glasbachwiese	17.00	3:03:14	10:46	9	48:50	48	1:10:22	87.00	13:29:51	9:18	16	3:54:47	89	3:54:47
Gensberg/Brotte	13.00	2:28:28	11:25	8	42:31	36	42:31	100.00	15:58:19	9:34	16	4:37:18	80	4:37:18
Floh-Seligenthal	14.00	1:36:56	6:55	9	31:42	45	31:42	114.00	17:35:15	9:15	15	5:09:00	78	5:09:00
Finsterbergen	22.00	3:49:16	10:25	8	1:17:56	40	1:17:56	136.00	21:24:31	9:26	15	6:26:56	73	6:26:56
Prefinish	23.50	3:57:03	10:05	9	1:28:17	49	1:28:17	159.50	25:21:34	9:32	14	7:55:13	71	7:55:13
Fröttstädt	0.50	1:54	3:47	10	0:45	52	0:48	160.00	25:23:28	9:31	9	7:55:55	49	7:55:55