



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Stapf, Guido

Club: TSV Höcheim
Number: 83

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 15:36:32

Speed: 6.41 km/h
Running performance: 9:21 min/km

Rank in course/Total: 169 (of 216)

Rank in course/Men: 143 (of 181)

Best time in course: 8:48:12

Rank in category: 37(of 43)

Best time in the category: 9:49:30

Control	Intermediate times				Stage score				Total ranking					
	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	4:04:13	9:02	39	1:27:17	165	1:39:01	27.00	4:04:13	9:02	39	1:27:17	164	1:39:01
Floh-Seligenthal	27.00	4:08:45	9:12	39	1:35:31	157	1:47:45	54.00	8:12:58	9:07	39	3:01:41	158	3:26:46
Finsterbergen	22.00	3:34:57	9:46	35	1:21:13	131	1:34:55	76.00	11:47:55	9:18	39	4:14:17	152	4:58:49
Prefinish	23.70	3:47:25	9:35	33	1:36:19	130	1:49:22	99.70	15:35:20	9:22	37	5:46:58	142	6:48:11
Fröttstädt	0.50	1:12	2:23	7	0:09	14	0:13	100.20	15:36:32	9:20	37	5:47:02	143	6:48:20