



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Dell, Fred

Club: M & H Rennsteigteam Eisenach
Number: 219

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 9:25:18

Speed: 10.61 km/h
Running performance: 5:38 min/km

Rank in course/Total: 3 (of 216)

Rank in course/Men: 3 (of 181)

Best time in course: 8:48:12

Rank in category: 1(of 28)

Best time in the category: 9:25:18

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	2:33:16	5:40	1	-	5	8:04	27.00	2:33:16	5:40	1	-	5	8:04
Floh-Seligenthal	27.00	2:26:37	5:25	1	-	3	5:37	54.00	4:59:53	5:33	1	-	4	13:41
Finsterbergen	22.00	2:13:35	6:04	1	-	4	13:33	76.00	7:13:28	5:42	1	-	3	24:22
Prefinish	23.70	2:10:36	5:30	1	-	2	12:33	99.70	9:24:04	5:39	1	-	3	36:55
Fröttstädt	0.50	1:14	2:28	2	0:01	22	0:15	100.20	9:25:18	5:38	1	-	3	37:06