



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

## Detailed evaluation

Zietlow, Hans-Uwe

Club: LG DUV

Number: 70

Course: 100.20 km

100 Kilometer

Category:

Senioren M70 (70-74 Jahre)

Total time: 15:51:51

Speed: 6.30 km/h

Running performance: 9:30 min/km

Rank in course/Total: 179 (of 216)

Rank in course/Men: 150 (of 181)

Best time in course: 8:48:12

Rank in category: 2(of 2)

Best time in the category: 14:16:07

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	3:54:57	8:42	2	24:57	157	1:29:45	27.00	3:54:57	8:42	2	24:57	156	1:29:45
Floh-Seligenthal	27.00	4:04:19	9:02	1	-	151	1:43:19	54.00	7:59:16	8:52	2	22:13	151	3:13:04
Finsterbergen	22.00	3:49:47	10:26	2	23:07	149	1:49:45	76.00	11:49:03	9:19	2	45:20	153	4:59:57
Prefinish	23.70	4:00:24	10:08	2	49:31	147	2:02:21	99.70	15:49:27	9:31	2	1:34:51	149	7:02:18
Fröttstädt	0.50	2:24	4:47	2	0:53	157	1:25	100.20	15:51:51	9:29	2	1:35:44	150	7:03:39