



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Heyer, Hermann

Club: LG Mauerweg Berlin
Number: 104

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 16:54:02

Speed: 5.92 km/h
Running performance: 10:07 min/km

Rank in course/Total: 197 (of 216)

Rank in course/Men: 165 (of 181)

Best time in course: 8:48:12

Rank in category: 28(of 28)

Best time in the category: 9:25:18

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	4:05:59	9:06	27	1:32:43	168	1:40:47	27.00	4:05:59	9:06	27	1:32:43	167	1:40:47
Floh-Seligenthal	27.00	4:06:44	9:08	27	1:40:07	155	1:45:44	54.00	8:12:43	9:07	27	3:12:50	157	3:26:31
Finsterbergen	22.00	4:18:49	11:45	28	2:05:14	168	2:18:47	76.00	12:31:32	9:53	28	5:18:04	166	5:42:26
Prefinish	23.70	4:20:51	11:00	27	2:10:15	158	2:22:48	99.70	16:52:23	10:09	28	7:28:19	164	8:05:14
Fröttstädt	0.50	1:39	3:17	17	0:26	122	0:40	100.20	16:54:02	10:07	28	7:28:44	165	8:05:50