



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen
Number: 157

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:49:30

Speed: 10.18 km/h
Running performance: 5:53 min/km

Rank in course/Total: 6 (of 216)

Rank in course/Men: 6 (of 181)

Best time in course: 8:48:12

Rank in category: 1(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	2:38:03	5:51	3	1:07	10	12:51	27.00	2:38:03	5:51	3	1:07	10	12:51
Floh-Seligenthal	27.00	2:33:14	5:40	1	-	6	12:14	54.00	5:11:17	5:45	1	-	7	25:05
Finsterbergen	22.00	2:22:21	6:28	2	8:37	7	22:19	76.00	7:33:38	5:58	1	-	6	44:32
Prefinish	23.70	2:14:44	5:41	3	3:38	7	16:41	99.70	9:48:22	5:54	1	-	6	1:01:13
Fröttstädt	0.50	1:08	2:15	2	0:05	5	0:09	100.20	9:49:30	5:52	1	-	6	1:01:18