



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Bechmann, Rico

Club: Lauffeuer Fröttstädt  
Number: 3

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M30 (30-34 Jahre)

Total time: 9:52:57

Speed: 10.12 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 7 (of 216)

Rank in course/Men: 7 (of 181)

Best time in course: 8:48:12

Rank in category: 1(of 6)

Best time in the category: 9:52:57

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       | 2:37:51       | 5:50            | 1           | -              | 8           | 16:51         | 54.00         | 5:11:07       | 5:45            | 1           | -              | 6          | 24:55         |
| Finsterbergen    | 22.00       | 2:24:26       | 6:33            | 1           | -              | 9           | 24:24         | 76.00         | 7:35:33       | 5:59            | 1           | -              | 7          | 46:27         |
| Prefinish        | 23.70       | 2:16:15       | 5:44            | 1           | -              | 9           | 18:12         | 99.70         | 9:51:48       | 5:56            | 1           | -              | 7          | 1:04:39       |
| Fröttstädt       | 0.50        | 1:09          | 2:17            | 2           | 0:10           | 9           | 0:10          | 100.20        | 9:52:57       | 5:55            | 1           | -              | 7          | 1:04:45       |