



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Ritzka, Roman

Club: Harzer Ultra Running Team
Number: 238

Course: 100.20 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:30:34

Speed: 9.53 km/h
Running performance: 6:17 min/km

Rank in course/Total: 16 (of 216)

Rank in course/Men: 14 (of 181)

Best time in course: 8:48:12

Rank in category: 3(of 22)

Best time in the category: 9:37:00

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	2:51:33	6:21	4	24:56	25	26:21	27.00	2:51:33	6:21	4	24:56	24	26:21
Floh-Seligenthal	27.00	2:41:41	5:59	2	12:55	12	20:41	54.00	5:33:14	6:10	3	25:07	14	47:02
Finsterbergen	22.00	2:26:06	6:38	2	14:03	10	26:04	76.00	7:59:20	6:18	3	39:10	11	1:10:14
Prefinish	23.70	2:29:57	6:19	4	14:23	19	31:54	99.70	10:29:17	6:18	3	53:33	13	1:42:08
Fröttstädt	0.50	1:17	2:34	6	0:09	37	0:18	100.20	10:30:34	6:17	3	53:34	14	1:42:22