



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Spisla, Dominik

Club: Sudbrack-Läufer Bielefeld
Number: 144

Course: 100.20 km
100 Kilometer

Category:
Männer (20-29 Jahre)

Total time: 10:44:48

Speed: 9.32 km/h
Running performance: 6:26 min/km

Rank in course/Total: 20 (of 216)

Rank in course/Men: 18 (of 181)

Best time in course: 8:48:12

Rank in category: 1(of 11)

Best time in the category: 10:44:48

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	2:45:57	6:08	2	8:39	15	20:45	27.00	2:45:57	6:08	2	8:39	14	20:45
Floh-Seligenthal	27.00	2:55:19	6:29	1	-	33	34:19	54.00	5:41:16	6:19	1	-	20	55:04
Finsterbergen	22.00	2:28:41	6:45	1	-	14	28:39	76.00	8:09:57	6:26	1	-	18	1:20:51
Prefinish	23.70	2:33:34	6:28	2	4:02	29	35:31	99.70	10:43:31	6:27	1	-	17	1:56:22
Fröttstädt	0.50	1:17	2:34	2	0:07	37	0:18	100.20	10:44:48	6:26	1	-	18	1:56:36