



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Noack, Ronald

Club: Lauffeuer Fröttstädt  
Number: 63

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 10:57:31

Speed: 9.13 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 29 (of 216)

Rank in course/Men: 26 (of 181)

Best time in course: 8:48:12

Rank in category: 3(of 38)

Best time in the category: 10:23:21

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	2:56:16	6:31	2	6:52	31	31:04	27.00	2:56:16	6:31	2	6:52	30	31:04
Floh-Seligenthal	27.00	2:56:22	6:31	4	9:13	34	35:22	54.00	5:52:38	6:31	3	16:05	29	1:06:26
Finsterbergen	22.00	2:31:09	6:52	1	-	18	31:07	76.00	8:23:47	6:37	2	15:51	22	1:34:41
Prefinish	23.70	2:32:25	6:25	3	18:15	25	34:22	99.70	10:56:12	6:34	3	34:06	25	2:09:03
Fröttstädt	0.50	1:19	2:38	9	0:07	45	0:20	100.20	10:57:31	6:33	3	34:10	26	2:09:19