



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Fels, Frank

Club: Mönchengladbach  
Number: 187

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:16:52

Speed: 8.86 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 37 (of 216)

Rank in course/Men: 34 (of 181)

Best time in course: 8:48:12

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	3:15:24	7:14	9	48:47	69	50:12	27.00	3:15:24	7:14	9	48:47	68	50:12
Floh-Seligenthal	27.00	2:53:45	6:26	5	24:59	27	32:45	54.00	6:09:09	6:50	8	1:01:02	44	1:22:57
Finsterbergen	22.00	2:33:02	6:57	5	20:59	23	33:00	76.00	8:42:11	6:52	8	1:22:01	37	1:53:05
Prefinish	23.70	2:33:24	6:28	6	17:50	27	35:21	99.70	11:15:35	6:46	7	1:39:51	33	2:28:26
Fröttstädt	0.50	1:17	2:34	6	0:09	37	0:18	100.20	11:16:52	6:45	7	1:39:52	34	2:28:40