



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

Detailed evaluation

Matos, Carlos

Club: Bad Karlshafen
Number: 189

Course: 100.20 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:49:36

Speed: 8.47 km/h
Running performance: 7:05 min/km

Rank in course/Total: 53 (of 216)

Rank in course/Men: 46 (of 181)

Best time in course: 8:48:12

Rank in category: 10(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	3:23:05	7:31	14	56:28	94	57:53	27.00	3:23:05	7:31	14	56:28	93	57:53
Floh-Seligenthal	27.00	3:10:17	7:02	10	41:31	53	49:17	54.00	6:33:22	7:17	10	1:25:15	68	1:47:10
Finsterbergen	22.00	2:43:11	7:25	8	31:08	42	43:09	76.00	9:16:33	7:19	10	1:56:23	57	2:27:27
Prefinish	23.70	2:31:36	6:23	5	16:02	23	33:33	99.70	11:48:09	7:06	10	2:12:25	46	3:01:00
Fröttstädt	0.50	1:27	2:53	13	0:19	78	0:28	100.20	11:49:36	7:04	10	2:12:36	46	3:01:24