



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

Detailed evaluation

Heidemann, Udo

Club: Turnerschaft Bielefeld von 1878 e.V.  
Number: 95

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:49:53

Speed: 8.45 km/h  
Running performance: 7:05 min/km

Rank in course/Total: 54 (of 216)

Rank in course/Men: 48 (of 181)

Best time in course: 8:48:12

Rank in category: 13(of 43)

Best time in the category: 9:49:30

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	3:06:50	6:55	12	29:54	54	41:38	27.00	3:06:50	6:55	12	29:54	53	41:38
Floh-Seligenthal	27.00	3:07:24	6:56	13	34:10	46	46:24	54.00	6:14:14	6:55	11	1:02:57	48	1:28:02
Finsterbergen	22.00	2:48:56	7:40	12	35:12	51	48:54	76.00	9:03:10	7:08	13	1:29:32	49	2:14:04
Prefinish	23.70	2:45:34	6:59	13	34:28	47	47:31	99.70	11:48:44	7:06	13	2:00:22	47	3:01:35
Fröttstädt	0.50	1:09	2:17	5	0:06	9	0:10	100.20	11:49:53	7:05	13	2:00:23	48	3:01:41