



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

KUMMER, Steffen

Club: Ritter Sport Freunde
Number: 186

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:49:25

Speed: 7.80 km/h
Running performance: 7:41 min/km

Rank in course/Total: 104 (of 254)

Rank in course/Men: 92 (of 211)

Best time in course: 8:41:59

Rank in category: 25(of 39)

Best time in the category: 9:21:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	2:57:46	6:35	18	27:08	55	32:23	27.00	2:57:46	6:35	18	27:08	55	32:23
Floh-Seligenthal	49.00	6:12:22	7:35	23	1:31:59	78	1:57:18	76.00	9:10:08	7:14	23	1:57:36	69	2:29:41
Fröttstädt	24.20	3:39:17	9:03	32	1:30:22	150	1:37:45	100.20	12:49:25	7:40	25	3:27:58	92	4:07:26