



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

Steden, Georg

Club: BSG Nassanische Sparkasse
Number: 226

Course: 100.20 km
100 Kilometer

Category:

Senioren M50 (50-54 Jahre)

Total time: 12:57:03

Speed: 7.74 km/h

Running performance: 7:45 min/km

Rank in course/Total: 109 (of 254)

Rank in course/Men: 96 (of 211)

Best time in course: 8:41:59

Rank in category: 25(of 53)

Best time in the category: 9:18:12

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	3:14:33	7:12	25	47:50	107	49:10	27.00	3:14:33	7:12	25	47:50	107	49:10
Floh-Seligenthal	49.00	6:18:02	7:42	18	1:40:40	84	2:02:58	76.00	9:32:35	7:32	18	2:28:30	86	2:52:08
Fröttstädt	24.20	3:24:28	8:26	32	1:10:21	119	1:22:56	100.20	12:57:03	7:45	25	3:38:51	96	4:15:04