



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

JOSEPH, Alexander

Club: Mühlthal-Laufverein
Number: 108

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:00:17

Speed: 7.69 km/h
Running performance: 7:47 min/km

Rank in course/Total: 116 (of 254)

Rank in course/Men: 103 (of 211)

Best time in course: 8:41:59

Rank in category: 27(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	3:24:25	7:34	32	53:47	146	59:02	27.00	3:24:25	7:34	32	53:47	146	59:02
Floh-Seligenthal	49.00	6:36:23	8:05	27	1:56:00	105	2:21:19	76.00	10:00:48	7:54	29	2:48:16	114	3:20:21
Fröttstädt	24.20	2:59:29	7:24	22	50:34	73	57:57	100.20	13:00:17	7:47	27	3:38:50	103	4:18:18