



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

KIEFER, Jan

Club: Meddys LWT
Number: 146

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:13:54

Speed: 7.56 km/h
Running performance: 7:55 min/km

Rank in course/Total: 125 (of 254)

Rank in course/Men: 110 (of 211)

Best time in course: 8:41:59

Rank in category: 28(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	3:20:43	7:26	28	50:05	132	55:20	27.00	3:20:43	7:26	28	50:05	132	55:20
Floh-Seligenthal	49.00	6:38:41	8:08	29	1:58:18	113	2:23:37	76.00	9:59:24	7:53	28	2:46:52	112	3:18:57
Fröttstädt	24.20	3:14:30	8:02	27	1:05:35	96	1:12:58	100.20	13:13:54	7:55	28	3:52:27	110	4:31:55