



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

ROST, Roland

Club: DAV Forchheim
Number: 151

Course: 100.20 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 9:18:12

Speed: 10.75 km/h
Running performance: 5:34 min/km

Rank in course/Total: 4 (of 254)

Rank in course/Men: 4 (of 211)

Best time in course: 8:41:59

Rank in category: 1(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	2:26:43	5:26	1	-	4	1:20	27.00	2:26:43	5:26	1	-	4	1:20
Floh-Seligenthal	49.00	4:37:22	5:39	1	-	4	22:18	76.00	7:04:05	5:34	1	-	4	23:38
Fröttstädt	24.20	2:14:07	5:32	1	-	6	12:35	100.20	9:18:12	5:34	1	-	4	36:13