



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

PAWLOW, Kamen

Club: FSV 1950 Gotha
Number: 57

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 13:22:39

Speed: 7.49 km/h
Running performance: 8:01 min/km

Rank in course/Total: 140 (of 254)

Rank in course/Men: 120 (of 211)

Best time in course: 8:41:59

Rank in category: 15(of 36)

Best time in the category: 10:06:24

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	3:00:13	6:40	11	33:29	57	34:50	27.00	3:00:13	6:40	11	33:29	57	34:50
Floh-Seligenthal	49.00	7:07:14	8:43	24	2:00:44	152	2:52:10	76.00	10:07:27	7:59	17	2:20:09	125	3:27:00
Fröttstädt	24.20	3:15:12	8:03	11	56:06	98	1:13:40	100.20	13:22:39	8:00	15	3:16:15	120	4:40:40