



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

HERMSDORF, Ralph

Club: LC Auensee Leipzig
Number: 35

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 13:38:49

Speed: 7.33 km/h
Running performance: 8:10 min/km

Rank in course/Total: 151 (of 254)

Rank in course/Men: 130 (of 211)

Best time in course: 8:41:59

Rank in category: 19(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	3:42:08	8:13	32	1:15:24	188	1:16:45	27.00	3:42:08	8:13	32	1:15:24	188	1:16:45
Floh-Seligenthal	49.00	6:38:27	8:07	16	1:31:57	111	2:23:23	76.00	10:20:35	8:09	22	2:33:17	141	3:40:08
Fröttstädt	24.20	3:18:14	8:11	12	59:08	103	1:16:42	100.20	13:38:49	8:10	19	3:32:25	130	4:56:50