



11. thüringenULTRA  
Fröttstädt / 01.07.2017

Detailed evaluation

**DARKOW, Stefan**

Club: Lauffüchse Niederlehme  
Number: 148

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M60 (60-64 Jahre)

Total time: 13:39:15

Speed: 7.34 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 152 (of 254)

Rank in course/Men: 131 (of 211)

Best time in course: 8:41:59

Rank in category: 6(of 15)

Best time in the category: 11:56:24

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	3:20:39	7:25	4	13:43	129	55:16	27.00	3:20:39	7:25	4	13:43	129	55:16
Floh-Seligenthal	49.00	6:42:55	8:13	6	46:22	117	2:27:51	76.00	10:03:34	7:56	5	54:43	118	3:23:07
Fröttstädt	24.20	3:35:41	8:54	8	53:47	138	1:34:09	100.20	13:39:15	8:10	6	1:42:51	131	4:57:16