



11. thüringenULTRA  
Fröttstädt / 01.07.2017

Detailed evaluation

**SPENGLER, Roman**

Club: Hamburg  
Number: 105

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:40:51

Speed: 7.31 km/h  
Running performance: 8:11 min/km

Rank in course/Total: 154 (of 254)

Rank in course/Men: 133 (of 211)

Best time in course: 8:41:59

Rank in category: 35(of 53)

Best time in the category: 9:18:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	Total km	Total Time	Total min/km	Cat.	Men	Cat.	Men
Glasbachwiese	27.00	3:32:21	7:51	38	162	1:05:38	1:06:58	27.00	3:32:21	7:51	38	162	1:05:38	1:06:58
Floh-Seligenthal	49.00	6:44:31	8:15	29	120	2:07:09	2:29:27	76.00	10:16:52	8:07	35	137	3:12:47	3:36:25
Fröttstädt	24.20	3:23:59	8:25	31	118	1:09:52	1:22:27	100.20	13:40:51	8:11	35	133	4:22:39	4:58:52