



# 11. thüringenULTRA

Fröttstädt / 01.07.2017

## Detailed evaluation

### KNOPKE-HÜLSENBECK, Wolfgang

Club: TSV Sonnenberg  
Number: 214

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 13:40:50

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

Rank in course/Total: 153 (of 254)

Rank in course/Men: 132 (of 211)

Best time in course: 8:41:59

Rank in category: 20(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	3:31:12	7:49	28	1:04:28	160	1:05:49	27.00	3:31:12	7:49	28	1:04:28	160	1:05:49
Floh-Seligenthal	49.00	6:49:23	8:21	18	1:42:53	127	2:34:19	76.00	10:20:35	8:09	22	2:33:17	141	3:40:08
Fröttstädt	24.20	3:20:15	8:16	15	1:01:09	108	1:18:43	100.20	13:40:50	8:11	20	3:34:26	132	4:58:51