



# 11. thüringenULTRA

Fröttstädt / 01.07.2017

## Detailed evaluation

**HERZOG, Mirko**

Club: Dresden  
Number: 174

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 13:51:08

Speed: 7.22 km/h  
Running performance: 8:17 min/km

Rank in course/Total: 158 (of 254)

Rank in course/Men: 137 (of 211)

Best time in course: 8:41:59

Rank in category: 21(of 23)

Best time in the category: 8:41:59

### 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	3:26:02	7:37	21	1:00:39	150	1:00:39	27.00	3:26:02	7:37	21	1:00:39	150	1:00:39
Floh-Seligenthal	49.00	6:50:07	8:22	19	2:35:03	129	2:35:03	76.00	10:16:09	8:06	21	3:35:42	136	3:35:42
Fröttstädt	24.20	3:34:59	8:53	19	1:33:27	136	1:33:27	100.20	13:51:08	8:17	21	5:09:09	137	5:09:09