



11. thüringenULTRA  
Fröttstädt / 01.07.2017

Detailed evaluation

**STRUZAK, Bernd**

Club: berlin-runner.de  
Number: 125

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M70 (70-74 Jahre)

Total time: 14:29:19

Speed: 6.90 km/h  
Running performance: 8:41 min/km

Rank in course/Total: 180 (of 254)

Rank in course/Men: 156 (of 211)

Best time in course: 8:41:59

Rank in category: 1(of 1)

Best time in the category: 14:29:19

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	3:31:01	7:48	1	-	159	1:05:38	27.00	3:31:01	7:48	1	-	159	1:05:38
Floh-Seligenthal	49.00	7:18:30	8:56	1	-	159	3:03:26	76.00	10:49:31	8:32	1	-	162	4:09:04
Fröttstädt	24.20	3:39:48	9:04	1	-	153	1:38:16	100.20	14:29:19	8:40	1	-	156	5:47:20