



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

KETTEL, Ralph

Club: Weimar
Number: 150

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:31:16

Speed: 6.89 km/h
Running performance: 8:42 min/km

Rank in course/Total: 181 (of 254)

Rank in course/Men: 157 (of 211)

Best time in course: 8:41:59

Rank in category: 33(of 39)

Best time in the category: 9:21:27

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	3:27:54	7:42	34	57:16	156	1:02:31	27.00	3:27:54	7:42	34	57:16	156	1:02:31
Floh-Seligenthal	49.00	7:21:30	9:00	33	2:41:07	162	3:06:26	76.00	10:49:24	8:32	33	3:36:52	161	4:08:57
Fröttstädt	24.20	3:41:52	9:10	34	1:32:57	157	1:40:20	100.20	14:31:16	8:41	33	5:09:49	157	5:49:17