



11. thüringenULTRA  
Fröttstädt / 01.07.2017

Detailed evaluation

König, Sascha

Club: SF Ennepetal  
Number: 272

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 9:31:14

Speed: 10.52 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 7 (of 254)

Rank in course/Men: 7 (of 211)

Best time in course: 8:41:59

Rank in category: 3(of 23)

Best time in the category: 8:41:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	2:33:12	5:40	3	7:49	9	7:49	27.00	2:33:12	5:40	3	7:49	9	7:49
Floh-Seligenthal	49.00	4:45:03	5:49	3	29:59	7	29:59	76.00	7:18:15	5:45	3	37:48	7	37:48
Fröttstädt	24.20	2:12:59	5:29	2	11:27	5	11:27	100.20	9:31:14	5:42	3	49:15	7	49:15