



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

HEß, Torsten

Club: LG Rippershausen
Number: 149

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 9:43:44

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 8 (of 254)

Rank in course/Men: 8 (of 211)

Best time in course: 8:41:59

Rank in category: 3(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	2:33:25	5:40	3	2:47	11	8:02	27.00	2:33:25	5:40	3	2:47	11	8:02
Floh-Seligenthal	49.00	4:52:59	5:58	3	12:36	8	37:55	76.00	7:26:24	5:52	3	13:52	8	45:57
Fröttstädt	24.20	2:17:20	5:40	3	8:25	9	15:48	100.20	9:43:44	5:49	3	22:17	8	1:01:45