



# 11. thüringenULTRA

Fröttstädt / 01.07.2017

## Detailed evaluation

ILK, Olaf

Club: LG Mauerweg Berlin e.V. / TEA  
Number: 6

Course: 100.20 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 17:10:13

Speed: 5.82 km/h  
Running performance: 10:17 min/km

Rank in course/Total: 231 (of 254)

Rank in course/Men: 197 (of 211)

Best time in course: 8:41:59

Rank in category: 50(of 53)

Best time in the category: 9:18:12

### 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	3:41:48	8:12	48	1:15:05	187	1:16:25	27.00	3:41:48	8:12	48	1:15:05	187	1:16:25
Floh-Seligenthal	49.00	8:19:57	10:12	48	3:42:35	191	4:04:53	76.00	12:01:45	9:29	48	4:57:40	188	5:21:18
Fröttstädt	24.20	5:08:28	12:44	48	2:54:21	196	3:06:56	100.20	17:10:13	10:16	50	7:52:01	197	8:28:14