



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

MATOS, Carlos

Club: Bad Karlshafen
Number: 196

Course: 100.20 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:19:53

Speed: 9.68 km/h
Running performance: 6:11 min/km

Rank in course/Total: 15 (of 254)

Rank in course/Men: 14 (of 211)

Best time in course: 8:41:59

Rank in category: 5(of 23)

Best time in the category: 8:41:59

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	2:44:54	6:06	7	19:31	30	19:31	27.00	2:44:54	6:06	7	19:31	30	19:31
Floh-Seligenthal	49.00	5:05:31	6:14	5	50:27	12	50:27	76.00	7:50:25	6:11	5	1:09:58	16	1:09:58
Fröttstädt	24.20	2:29:28	6:10	5	27:56	18	27:56	100.20	10:19:53	6:11	5	1:37:54	14	1:37:54