



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

CLAUS, Ingo

Club: Team Bittel
Number: 158

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:38:07

Speed: 9.42 km/h
Running performance: 6:22 min/km

Rank in course/Total: 25 (of 254)

Rank in course/Men: 25 (of 211)

Best time in course: 8:41:59

Rank in category: 10(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	2:59:02	6:37	19	28:24	56	33:39	27.00	2:59:02	6:37	19	28:24	56	33:39
Floh-Seligenthal	49.00	5:15:55	6:26	7	35:32	22	1:00:51	76.00	8:14:57	6:30	13	1:02:25	32	1:34:30
Fröttstädt	24.20	2:23:10	5:54	4	14:15	13	21:38	100.20	10:38:07	6:22	10	1:16:40	25	1:56:08