



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

Prüfer, Gaston

Club: LG Nord Ultra Team Berlin
Number: 221

Course: 100.20 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 11:00:02

Speed: 9.09 km/h
Running performance: 6:35 min/km

Rank in course/Total: 34 (of 254)

Rank in course/Men: 34 (of 211)

Best time in course: 8:41:59

Rank in category: 5(of 24)

Best time in the category: 9:02:20

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	2:51:27	6:20	6	26:03	46	26:04	27.00	2:51:27	6:20	6	26:03	46	26:04
Floh-Seligenthal	49.00	5:37:20	6:53	5	1:11:15	42	1:22:16	76.00	8:28:47	6:41	5	1:37:18	41	1:48:20
Fröttstädt	24.20	2:31:15	6:15	5	20:24	23	29:43	100.20	11:00:02	6:35	5	1:57:42	34	2:18:03