



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

AUST, Frank

Club: Lauffeuer Fröttstädt e.V.
Number: 200

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:03:06

Speed: 9.05 km/h
Running performance: 6:37 min/km

Rank in course/Total: 38 (of 254)

Rank in course/Men: 37 (of 211)

Best time in course: 8:41:59

Rank in category: 14(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	2:47:40	6:12	12	17:02	35	22:17	27.00	2:47:40	6:12	12	17:02	35	22:17
Floh-Seligenthal	49.00	5:33:31	6:48	14	53:08	36	1:18:27	76.00	8:21:11	6:35	14	1:08:39	34	1:40:44
Fröttstädt	24.20	2:41:55	6:41	14	33:00	37	40:23	100.20	11:03:06	6:37	14	1:41:39	37	2:21:07