



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

HEIGL, Steffen

Club: SpVgg Neundorf / Thermalbad Wiesenbad
Number: 144

Course: 100.20 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 11:03:53

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 39 (of 254)

Rank in course/Men: 38 (of 211)

Best time in course: 8:41:59

Rank in category: 4(of 36)

Best time in the category: 10:06:24

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	2:56:41	6:32	10	29:57	54	31:18	27.00	2:56:41	6:32	10	29:57	54	31:18
Floh-Seligenthal	49.00	5:22:09	6:34	3	15:39	27	1:07:05	76.00	8:18:50	6:33	4	31:32	33	1:38:23
Fröttstädt	24.20	2:45:03	6:49	5	25:57	45	43:31	100.20	11:03:53	6:37	4	57:29	38	2:21:54