



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

GUNDERMANN, Ralf

Club: Jena
Number: 64

Course: 100.20 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 11:24:22

Speed: 8.78 km/h
Running performance: 6:50 min/km

Rank in course/Total: 48 (of 254)

Rank in course/Men: 46 (of 211)

Best time in course: 8:41:59

Rank in category: 6(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	2:40:40	5:57	4	15:16	17	15:17	27.00	2:40:40	5:57	4	15:16	17	15:17
Floh-Seligenthal	49.00	5:59:22	7:20	7	1:33:17	61	1:44:18	76.00	8:40:02	6:50	6	1:48:33	42	1:59:35
Fröttstädt	24.20	2:44:20	6:47	8	33:29	43	42:48	100.20	11:24:22	6:49	6	2:22:02	46	2:42:23