



11. thüringenULTRA

Fröttstädt / 01.07.2017

Detailed evaluation

ADAMEC, Jan

Club: Libouchecký Ultramaraton
Number: 217

Course: 100.20 km
100 Kilometer

Category:

Senioren M35 (35-39 Jahre)

Total time: 11:38:58

Speed: 8.58 km/h

Running performance: 6:59 min/km

Rank in course/Total: 55 (of 254)

Rank in course/Men: 52 (of 211)

Best time in course: 8:41:59

Rank in category: 8(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	2:54:49	6:28	7	29:25	51	29:26	27.00	2:54:49	6:28	7	29:25	51	29:26
Floh-Seligenthal	49.00	6:02:34	7:23	8	1:36:29	66	1:47:30	76.00	8:57:23	7:04	8	2:05:54	60	2:16:56
Fröttstädt	24.20	2:41:35	6:40	6	30:44	35	40:03	100.20	11:38:58	6:58	8	2:36:38	52	2:56:59