



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

DEIFUß, Holger

Club: FC Nordkirchen
Number: 154

Course: 100.20 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 11:48:30

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 59 (of 254)

Rank in course/Men: 55 (of 211)

Best time in course: 8:41:59

Rank in category: 19(of 39)

Best time in the category: 9:21:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	2:52:52	6:24	17	22:14	49	27:29	27.00	2:52:52	6:24	17	22:14	49	27:29
Floh-Seligenthal	49.00	5:52:40	7:11	21	1:12:17	54	1:37:36	76.00	8:45:32	6:54	19	1:33:00	50	2:05:05
Fröttstädt	24.20	3:02:58	7:33	24	54:03	78	1:01:26	100.20	11:48:30	7:04	19	2:27:03	55	3:06:31