



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigteam
Number: 11

Course: 100.22 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 14:04:46

Speed: 7.10 km/h
Running performance: 8:26 min/km

Rank in course/Total: 155 (of 248)

Rank in course/Men: 131 (of 203)

Best time in course: 8:37:32

Rank in category: 21(of 41)

Best time in the category: 9:58:37

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Glasbachwiese	27.39	3:16:35	7:10	14	40:44	85	49:06	27.39	3:16:35	7:10	14	40:44	85	49:06
Floh-Seligenthal	27.74	3:31:42	7:37	20	55:05	112	1:00:19	55.13	6:48:17	7:24	18	1:35:49	118	2:10:56
Finsterbergen	22.03	3:30:53	9:34	23	1:10:22	145	1:31:54	77.16	10:19:10	8:01	20	2:45:07	126	3:41:35
Fröttstädt	23.06	3:45:36	9:46	27	1:21:02	143	1:45:39	100.22	14:04:46	8:25	21	4:06:09	131	5:27:14