



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Zietlow, Hans-Uwe

Club: SiebzigPlus
Number: 46

Course: 100.22 km
100 Kilometer

Category:
Senioren M70 (70-74 Jahre)

Total time: 16:10:19

Speed: 6.20 km/h
Running performance: 9:41 min/km

Rank in course/Total: 212 (of 248)

Rank in course/Men: 174 (of 203)

Best time in course: 8:37:32

Rank in category: 1(of 1)

Best time in the category: 16:10:19

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	27.39	3:50:47	8:25	1	-	164	1:23:18	27.39	3:50:47	8:25	1	-	164	1:23:18
Floh-Seligenthal	27.74	4:11:21	9:03	1	-	167	1:39:58	55.13	8:02:08	8:44	1	-	186	3:24:47
Finsterbergen	22.03	4:02:22	11:00	1	-	180	2:03:23	77.16	12:04:30	9:23	1	-	186	5:26:55
Fröttstädt	23.06	4:05:49	10:39	1	-	166	2:05:52	100.22	16:10:19	9:40	1	-	174	7:32:47