



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Zab, Gunnar

Club: LF Trills 09  
Number: 36

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 16:59:42

Speed: 5.88 km/h  
Running performance: 10:10 min/km

Rank in course/Total: 229 (of 248)

Rank in course/Men: 188 (of 203)

Best time in course: 8:37:32

Rank in category: 36(of 40)

Best time in the category: 9:31:18

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	4:09:45	9:07	32	1:35:55	177	1:42:16	27.39	4:09:45	9:07	32	1:35:55	177	1:42:16
Floh-Seligenthal	27.74	4:24:46	9:32	31	1:53:23	173	1:53:23	55.13	8:34:31	9:19	38	3:32:21	195	3:57:10
Finsterbergen	22.03	4:20:06	11:48	37	2:09:02	190	2:21:07	77.16	12:54:37	10:02	38	5:38:20	192	6:17:02
Fröttstädt	23.06	4:05:05	10:37	36	1:50:04	165	2:05:08	100.22	16:59:42	10:10	36	7:28:24	188	8:22:10