



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen  
Number: 157

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:09:11

Speed: 8.99 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 31 (of 248)

Rank in course/Men: 29 (of 203)

Best time in course: 8:37:32

Rank in category: 8(of 40)

Best time in the category: 9:31:18

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	fehlt!	-	-	-	-	-	27.39	-	-	-	-	-	-
Floh-Seligenthal	27.74	5:24:59	11:42	37	2:53:36	190	2:53:36	55.13	5:24:59	5:53	6	22:49	20	47:38
Finsterbergen	22.03	2:54:51	7:56	14	43:47	58	55:52	77.16	8:19:50	6:28	8	1:03:33	28	1:42:15
Fröttstädt	23.06	2:49:21	7:20	11	34:20	38	49:24	100.22	11:09:11	6:40	8	1:37:53	29	2:31:39