



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Heidemann, Udo

Club: TSVE 1890 Bielefeld  
Number: 235

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:25:40

Speed: 8.77 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 43 (of 248)

Rank in course/Men: 40 (of 203)

Best time in course: 8:37:32

Rank in category: 12(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	2:50:53	6:14	6	17:03	25	23:24	27.39	2:50:53	6:14	6	17:03	25	23:24
Floh-Seligenthal	27.74	2:53:28	6:15	5	22:05	22	22:05	55.13	5:44:21	6:14	12	42:11	39	1:07:00
Finsterbergen	22.03	2:41:41	7:20	9	30:37	33	42:42	77.16	8:26:02	6:33	9	1:09:45	32	1:48:27
Fröttstädt	23.06	2:59:38	7:47	15	44:37	54	59:41	100.22	11:25:40	6:50	12	1:54:22	40	2:48:08