



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Aust, Frank

Club: Lauffeuer Fröttstädt e.V.  
Number: 215

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:32:10

Speed: 8.69 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 48 (of 248)

Rank in course/Men: 44 (of 203)

Best time in course: 8:37:32

Rank in category: 13(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:45:56	6:03	4	12:06	16	18:27	27.39	2:45:56	6:03	4	12:06	16	18:27
Floh-Seligenthal	27.74	3:01:26	6:32	8	30:03	36	30:03	55.13	5:47:22	6:18	13	45:12	40	1:10:01
Finsterbergen	22.03	2:57:22	8:03	18	46:18	68	58:23	77.16	8:44:44	6:48	15	1:28:27	48	2:07:09
Fröttstädt	23.06	2:47:26	7:15	10	32:25	37	47:29	100.22	11:32:10	6:54	13	2:00:52	44	2:54:38