



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Fanslau, Thomas

Club: Berlin  
Number: 191

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:18:49

Speed: 8.12 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 69 (of 248)

Rank in course/Men: 61 (of 203)

Best time in course: 8:37:32

Rank in category: 16(of 40)

Best time in the category: 9:31:18

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 27.39       | 3:02:39       | 6:40            | 13          | 28:49          | 49          | 35:10         | 27.39         | 3:02:39       | 6:40            | 13          | 28:49          | 49         | 35:10         |
| Floh-Seligenthal | 27.74       | 3:02:46       | 6:35            | 12          | 31:23          | 43          | 31:23         | 55.13         | 6:05:25       | 6:37            | 18          | 1:03:15        | 62         | 1:28:04       |
| Finsterbergen    | 22.03       | 3:03:02       | 8:18            | 23          | 51:58          | 85          | 1:04:03       | 77.16         | 9:08:27       | 7:06            | 17          | 1:52:10        | 63         | 2:30:52       |
| Fröttstädt       | 23.06       | 3:10:22       | 8:15            | 20          | 55:21          | 84          | 1:10:25       | 100.22        | 12:18:49      | 7:22            | 16          | 2:47:31        | 61         | 3:41:17       |