



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Ernst, Marcel

Club: Lauffeuer Fröttstädt  
Number: 44

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M30 (30-34 Jahre)

Total time: 9:41:23

Speed: 10.32 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 4 (of 246)

Rank in course/Men: 4 (of 211)

Best time in course: 8:32:51

Rank in category: 2(of 13)

Best time in the category: 8:32:51

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	2:28:18	5:24	2	2:55	3	6:32	27.39	2:28:18	5:24	2	2:55	3	6:32
Floh-Seligenthal	27.74	2:37:26	5:40	1	-	10	15:13	55.13	5:05:44	5:32	2	38:23	7	38:23
Finsterbergen	22.03	2:15:28	6:08	2	13:49	4	18:01	77.16	7:21:12	5:43	2	52:12	4	52:12
Fröttstädt	23.06	2:20:11	6:04	2	16:20	6	22:04	100.22	9:41:23	5:48	2	1:08:32	4	1:08:32