



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Zösche, Karsten

Club: LG Rippershausen  
Number: 154

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:53:45

Speed: 7.75 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 91 (of 246)

Rank in course/Men: 83 (of 211)

Best time in course: 8:32:51

Rank in category: 15(of 45)

Best time in the category: 10:21:20

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Glasbachwiese	27.39	3:14:21	7:05	17	42:15	92	52:35	27.39	3:14:21	7:05	17	42:15	92	52:35
Floh-Seligenthal	27.74	3:09:55	6:50	14	28:01	74	47:42	55.13	6:24:16	6:58	16	1:08:14	85	1:56:55
Finsterbergen	22.03	2:50:07	7:43	5	19:26	44	52:40	77.16	9:14:23	7:11	12	1:27:40	71	2:45:23
Fröttstädt	23.06	3:39:22	9:30	21	1:04:45	117	1:41:15	100.22	12:53:45	7:43	15	2:32:25	83	4:20:54