



13. thüringenULTRA

Fröttstädt / 06.07.2019

Detailed evaluation

Bieberbach, Jan

Club: Spvg Vachdorf
Number: 159

Course: 100.22 km
100 Kilometer

Category:

Senioren M40 (40-44 Jahre)

Total time: 12:53:45

Speed: 7.77 km/h

Running performance: 7:43 min/km

Rank in course/Total: 92 (of 246)

Rank in course/Men: 83 (of 211)

Best time in course: 8:32:51

Rank in category: 12(of 22)

Best time in the category: 9:14:13

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	2:57:14	6:28	7	28:52	50	35:28	27.39	2:57:14	6:28	7	28:52	50	35:28
Floh-Seligenthal	27.74	2:59:39	6:28	8	36:00	46	37:26	55.13	5:56:53	6:28	10	1:16:42	52	1:29:32
Finsterbergen	22.03	3:07:24	8:30	11	55:43	86	1:09:57	77.16	9:04:17	7:03	9	2:00:35	56	2:35:17
Fröttstädt	23.06	3:49:28	9:57	15	1:38:57	135	1:51:21	100.22	12:53:45	7:43	12	3:39:32	83	4:20:54