



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Koch, Christian

Club: Lauffeuer Fröttstädt
Number: 240

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 9:41:23

Speed: 10.34 km/h
Running performance: 5:48 min/km

Rank in course/Total: 5 (of 246)

Rank in course/Men: 4 (of 211)

Best time in course: 8:32:51

Rank in category: 2(of 21)

Best time in the category: 8:47:36

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	1	-	3	6:32	27.39	2:28:18	5:24	1	-	3	6:32
Floh-Seligenthal	27.74	2:37:26	5:40	4	15:13	10	15:13	55.13	5:05:44	5:32	3	13:42	7	38:23
Finsterbergen	22.03	2:15:29	6:08	2	18:02	5	18:02	77.16	7:21:13	5:43	2	31:44	5	52:13
Fröttstädt	23.06	2:20:10	6:04	2	22:03	5	22:03	100.22	9:41:23	5:48	2	53:47	4	1:08:32