



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Stammer, Uwe

Club: Blau-Weiss-Hettstedt
Number: 236

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 13:33:03

Speed: 7.38 km/h
Running performance: 8:07 min/km

Rank in course/Total: 118 (of 246)

Rank in course/Men: 107 (of 211)

Best time in course: 8:32:51

Rank in category: 20(of 38)

Best time in the category: 10:14:12

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Glasbachwiese | 27.39 | 2:59:54 | 6:34 | 11 | 22:20 | 58 | 38:08 | 27.39 | 2:59:54 | 6:34 | 11 | 22:20 | 58 | 38:08 |
| Floh-Seligenthal | 27.74 | 3:49:04 | 8:15 | 29 | 1:14:12 | 149 | 1:26:51 | 55.13 | 6:48:58 | 7:25 | 25 | 1:36:20 | 116 | 2:21:37 |
| Finsterbergen | 22.03 | 3:29:28 | 9:30 | 24 | 1:03:38 | 130 | 1:32:01 | 77.16 | 10:18:26 | 8:00 | 23 | 2:39:58 | 121 | 3:49:26 |
| Fröttstädt | 23.06 | 3:14:37 | 8:26 | 17 | 38:53 | 73 | 1:16:30 | 100.22 | 13:33:03 | 8:06 | 20 | 3:18:51 | 107 | 5:00:12 |