



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Zakrzewski, Krzysztof

Club: 3:33 TEAM

Number: 169

Course: 100.22 km

100 Kilometer

Category:

Senioren M45 (45-49 Jahre)

Total time: 13:36:59

Speed: 7.34 km/h

Running performance: 8:09 min/km

Rank in course/Total: 119 (of 246)

Rank in course/Men: 108 (of 211)

Best time in course: 8:32:51

Rank in category: 21(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	3:21:37	7:21	25	44:03	112	59:51	27.39	3:21:37	7:21	25	44:03	112	59:51
Floh-Seligenthal	27.74	3:23:27	7:20	21	48:35	106	1:01:14	55.13	6:45:04	7:20	23	1:32:26	111	2:17:43
Finsterbergen	22.03	3:20:19	9:05	21	54:29	113	1:22:52	77.16	10:05:23	7:50	21	2:26:55	109	3:36:23
Fröttstädt	23.06	3:31:36	9:10	21	55:52	102	1:33:29	100.22	13:36:59	8:09	21	3:22:47	108	5:04:08