



13. thüringenULTRA  
Fröttstädt / 06.07.2019

## Detailed evaluation

**Matos, Carlos**

Club: Real/Mangualde  
Number: 129

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 10:14:12

Speed: 9.79 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 10 (of 246)

Rank in course/Men: 10 (of 211)

Best time in course: 8:32:51

Rank in category: 1(of 38)

Best time in the category: 10:14:12

### 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	2:37:46	5:45	2	0:12	16	16:00	27.39	2:37:46	5:45	2	0:12	16	16:00
Floh-Seligenthal	27.74	2:34:52	5:34	1	-	6	12:39	55.13	5:12:38	5:40	1	-	11	45:17
Finsterbergen	22.03	2:25:50	6:37	1	-	8	28:23	77.16	7:38:28	5:56	1	-	9	1:09:28
Fröttstädt	23.06	2:35:44	6:45	1	-	14	37:37	100.22	10:14:12	6:07	1	-	10	1:41:21