



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Koehler, Klaus

Club: Delmenhorster TV  
Number: 8

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 14:14:23

Speed: 7.04 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 143 (of 246)

Rank in course/Men: 125 (of 211)

Best time in course: 8:32:51

Rank in category: 24(of 45)

Best time in the category: 10:21:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Glasbachwiese	27.39	3:48:00	8:19	38	179	1:15:54	1:26:14	27.39	3:48:00	8:19	38	179	1:15:54	1:26:14
Floh-Seligenthal	27.74	3:35:14	7:45	26	132	53:20	1:13:01	55.13	7:23:14	8:02	31	149	2:07:12	2:55:53
Finsterbergen	22.03	3:20:09	9:05	20	111	49:28	1:22:42	77.16	10:43:23	8:20	26	135	2:56:40	4:14:23
Fröttstädt	23.06	3:31:00	9:09	16	101	56:23	1:32:53	100.22	14:14:23	8:31	24	125	3:53:03	5:41:32