



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

John, Dennis

Club: Borbecker Raketen Essen
Number: 136

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 14:23:08

Speed: 6.95 km/h
Running performance: 8:37 min/km

Rank in course/Total: 146 (of 246)

Rank in course/Men: 128 (of 211)

Best time in course: 8:32:51

Rank in category: 18(of 21)

Best time in the category: 8:47:36

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	3:51:01	8:26	20	1:22:43	184	1:29:15	27.39	3:51:01	8:26	20	1:22:43	184	1:29:15
Floh-Seligenthal	27.74	3:49:15	8:15	18	1:27:02	150	1:27:02	55.13	7:40:16	8:20	19	2:48:14	167	3:12:55
Finsterbergen	22.03	3:24:40	9:17	18	1:27:13	119	1:27:13	77.16	11:04:56	8:37	18	4:15:27	145	4:35:56
Fröttstädt	23.06	3:18:12	8:35	13	1:20:05	80	1:20:05	100.22	14:23:08	8:36	18	5:35:32	128	5:50:17