



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Hermsdorf, Ralph

Club: LC Auensee Leipzig  
Number: 67

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M60 (60-64 Jahre)

Total time: 14:26:43

Speed: 6.92 km/h  
Running performance: 8:39 min/km

Rank in course/Total: 153 (of 246)

Rank in course/Men: 133 (of 211)

Best time in course: 8:32:51

Rank in category: 5(of 13)

Best time in the category: 11:19:15

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	3:51:05	8:26	10	187	1:10:05	1:29:19	27.39	3:51:05	8:26	10	187	1:10:05	1:29:19
Floh-Seligenthal	27.74	3:29:43	7:33	5	121	30:10	1:07:30	55.13	7:20:48	7:59	6	144	1:40:15	2:53:27
Finsterbergen	22.03	3:36:38	9:50	6	143	56:25	1:39:11	77.16	10:57:26	8:31	6	141	2:33:20	4:28:26
Fröttstädt	23.06	3:29:17	9:04	5	96	34:08	1:31:10	100.22	14:26:43	8:38	5	133	3:07:28	5:53:52