



13. thüringenULTRA  
Fröttstädt / 06.07.2019

### Detailed evaluation

Schwiebus, Jan

Club: Dienstagsgespräch Bernsdorf  
Number: 233

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:40:31

Speed: 6.81 km/h  
Running performance: 8:47 min/km

Rank in course/Total: 162 (of 246)

Rank in course/Men: 141 (of 211)

Best time in course: 8:32:51

Rank in category: 26(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	3:19:29	7:16	23	41:55	103	57:43	27.39	3:19:29	7:16	23	41:55	103	57:43
Floh-Seligenthal	27.74	3:40:41	7:57	27	1:05:49	140	1:18:28	55.13	7:00:10	7:37	26	1:47:32	127	2:32:49
Finsterbergen	22.03	3:39:29	9:57	27	1:13:39	145	1:42:02	77.16	10:39:39	8:17	28	3:01:11	134	4:10:39
Fröttstädt	23.06	4:00:52	10:26	29	1:25:08	149	2:02:45	100.22	14:40:31	8:47	26	4:26:19	141	6:07:40