



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Zab, Gunnar

Club: LF Trills 09
Number: 38

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:42:55

Speed: 6.81 km/h
Running performance: 8:49 min/km

Rank in course/Total: 167 (of 246)

Rank in course/Men: 145 (of 211)

Best time in course: 8:32:51

Rank in category: 28(of 38)

Best time in the category: 10:14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:50:44	8:25	36	1:13:10	183	1:28:58	27.39	3:50:44	8:25	36	1:13:10	183	1:28:58
Floh-Seligenthal	27.74	4:00:56	8:41	33	1:26:04	174	1:38:43	55.13	7:51:40	8:33	34	2:39:02	183	3:24:19
Finsterbergen	22.03	3:42:13	10:05	29	1:16:23	149	1:44:46	77.16	11:33:53	8:59	31	3:55:25	167	5:04:53
Fröttstädt	23.06	3:09:02	8:11	14	33:18	65	1:10:55	100.22	14:42:55	8:48	28	4:28:43	145	6:10:04