



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Hollandt, Ralf

Club: WSV 07 Kleinschmalkalden  
Number: 258

Course: 100.22 km  
100 Kilometer

Category:

Senioren M40 (40-44 Jahre)

Total time: 15:18:33

Speed: 6.53 km/h

Running performance: 9:10 min/km

Rank in course/Total: 179 (of 246)

Rank in course/Men: 154 (of 211)

Best time in course: 8:32:51

Rank in category: 19(of 22)

Best time in the category: 9:14:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:51:33	8:27	21	1:23:11	189	1:29:47	27.39	3:51:33	8:27	21	1:23:11	189	1:29:47
Floh-Seligenthal	27.74	3:38:42	7:53	18	1:15:03	137	1:16:29	55.13	7:30:15	8:10	19	2:50:04	154	3:02:54
Finsterbergen	22.03	3:49:39	10:25	19	1:37:58	161	1:52:12	77.16	11:19:54	8:48	19	4:16:12	154	4:50:54
Fröttstädt	23.06	3:58:39	10:20	17	1:48:08	145	2:00:32	100.22	15:18:33	9:09	19	6:04:20	154	6:45:42