



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Münster, Bernward

Club: Köln  
Number: 39

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 15:29:29

Speed: 6.46 km/h  
Running performance: 9:16 min/km

Rank in course/Total: 189 (of 246)

Rank in course/Men: 162 (of 211)

Best time in course: 8:32:51

Rank in category: 33(of 43)

Best time in the category: 10:38:25

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 27.39       | 3:19:31       | 7:17            | 16          | 42:53          | 104         | 57:45         | 27.39         | 3:19:31       | 7:17            | 16          | 42:53          | 104        | 57:45         |
| Floh-Seligenthal | 27.74       | 4:01:45       | 8:42            | 40          | 1:18:06        | 177         | 1:39:32       | 55.13         | 7:21:16       | 8:00            | 29          | 2:00:59        | 145        | 2:53:55       |
| Finsterbergen    | 22.03       | 4:01:36       | 10:58           | 38          | 1:28:02        | 176         | 2:04:09       | 77.16         | 11:22:52      | 8:51            | 35          | 3:22:15        | 159        | 4:53:52       |
| Fröttstädt       | 23.06       | 4:06:37       | 10:41           | 31          | 1:29:22        | 159         | 2:08:30       | 100.22        | 15:29:29      | 9:16            | 33          | 4:51:04        | 162        | 6:56:38       |