



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Lietz, Ralf

Total time: 15:30:58

Club: Laufsport Frisia Goldenstedt/100 Marathon Club  
Number: 63

Speed: 6.46 km/h

Running performance: 9:17 min/km

Course: 100.22 km  
100 Kilometer

Rank in course/Total: 190 (of 246)

Rank in course/Men: 165 (of 211)

Best time in course: 8:32:51

Category:

Rank in category: 35(of 45)

Senioren M55 (55-59 Jahre)

Best time in the category: 10:21:20

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	3:48:05	8:19	39	1:15:59	180	1:26:19	27.39	3:48:05	8:19	39	1:15:59	180	1:26:19
Floh-Seligenthal	27.74	3:52:17	8:22	33	1:10:23	158	1:30:04	55.13	7:40:22	8:21	35	2:24:20	170	3:13:01
Finsterbergen	22.03	3:47:06	10:18	31	1:16:25	157	1:49:39	77.16	11:27:28	8:54	34	3:40:45	164	4:58:28
Fröttstädt	23.06	4:03:30	10:33	30	1:28:53	155	2:05:23	100.22	15:30:58	9:17	35	5:09:38	165	6:58:07