



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Herder, Sven

Club: SG Dynamo Dresden
Number: 208

Course: 100.22 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 10:40:48

Speed: 9.36 km/h
Running performance: 6:23 min/km

Rank in course/Total: 17 (of 246)

Rank in course/Men: 17 (of 211)

Best time in course: 8:32:51

Rank in category: 3(of 22)

Best time in the category: 9:14:13

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	2:52:51	6:18	6	24:29	44	31:05	27.39	2:52:51	6:18	6	24:29	44	31:05
Floh-Seligenthal	27.74	2:56:29	6:21	6	32:50	36	34:16	55.13	5:49:20	6:20	5	1:09:09	41	1:21:59
Finsterbergen	22.03	2:30:19	6:49	2	18:38	11	32:52	77.16	8:19:39	6:28	4	1:15:57	29	1:50:39
Fröttstädt	23.06	2:21:09	6:07	2	10:38	7	23:02	100.22	10:40:48	6:23	3	1:26:35	17	2:07:57