



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Nendzynski, Maik

Club: Waltershausen
Number: 158

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 16:35:39

Speed: 6.03 km/h
Running performance: 9:56 min/km

Rank in course/Total: 211 (of 246)

Rank in course/Men: 181 (of 211)

Best time in course: 8:32:51

Rank in category: 34(of 38)

Best time in the category: 10:14:12

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	3:36:24	7:54	30	58:50	150	1:14:38	27.39	3:36:24	7:54	30	58:50	150	1:14:38
Floh-Seligenthal	27.74	4:07:38	8:55	35	1:32:46	181	1:45:25	55.13	7:44:02	8:25	33	2:31:24	177	3:16:41
Finsterbergen	22.03	4:06:37	11:11	33	1:40:47	181	2:09:10	77.16	11:50:39	9:12	33	4:12:11	178	5:21:39
Fröttstädt	23.06	4:45:00	12:21	36	2:09:16	193	2:46:53	100.22	16:35:39	9:56	34	6:21:27	181	8:02:48