



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Okroy, Robert

Club: Braunschweig
Number: 186

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 17:27:17

Speed: 5.74 km/h
Running performance: 10:27 min/km

Rank in course/Total: 224 (of 246)

Rank in course/Men: 193 (of 211)

Best time in course: 8:32:51

Rank in category: 36(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	4:44:13	10:22	38	2:06:39	206	2:22:27	27.39	4:44:13	10:22	38	2:06:39	206	2:22:27
Floh-Seligenthal	27.74	4:43:57	10:14	37	2:09:05	199	2:21:44	55.13	9:28:10	10:18	37	4:15:32	202	5:00:49
Finsterbergen	22.03	4:01:27	10:57	32	1:35:37	174	2:04:00	77.16	13:29:37	10:29	37	5:51:09	199	7:00:37
Fröttstädt	23.06	3:57:40	10:18	26	1:21:56	143	1:59:33	100.22	17:27:17	10:26	36	7:13:05	193	8:54:26