



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: 5.73 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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |