



13. thüringenULTRA

Fröttstädt / 06.07.2019

Detailed evaluation

Giese, Ralf

Club: Lauffeuer Fröttstädt
Number: 226

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:42:07

Speed: 9.34 km/h
Running performance: 6:25 min/km

Rank in course/Total: 20 (of 246)

Rank in course/Men: 20 (of 211)

Best time in course: 8:32:51

Rank in category: 2(of 43)

Best time in the category: 10:38:25

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	2:40:19	5:51	2	3:41	20	18:33	27.39	2:40:19	5:51	2	3:41	20	18:33
Floh-Seligenthal	27.74	2:45:35	5:58	3	1:56	23	23:22	55.13	5:25:54	5:54	2	5:37	22	58:33
Finsterbergen	22.03	2:38:58	7:12	3	5:24	26	41:31	77.16	8:04:52	6:17	2	4:15	20	1:35:52
Fröttstädt	23.06	2:37:15	6:49	1	-	17	39:08	100.22	10:42:07	6:24	2	3:42	20	2:09:16