



Detailed evaluation

Aust, Frank

Club: Lauffeuer Fröttstädt e.V.
Number: 155

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:56:18

Speed: 9.14 km/h
Running performance: 6:33 min/km

Rank in course/Total: 25 (of 246)

Rank in course/Men: 25 (of 211)

Best time in course: 8:32:51

Rank in category: 3(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	2:43:22	5:57	3	6:44	25	21:36	27.39	2:43:22	5:57	3	6:44	25	21:36
Floh-Seligenthal	27.74	2:55:35	6:19	4	11:56	34	33:22	55.13	5:38:57	6:08	4	18:40	31	1:11:36
Finsterbergen	22.03	2:35:55	7:04	2	2:21	18	38:28	77.16	8:14:52	6:24	4	14:15	27	1:45:52
Fröttstädt	23.06	2:41:26	7:00	3	4:11	23	43:19	100.22	10:56:18	6:32	3	17:53	25	2:23:27