



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Kowollik, Mirek

Club: Augsburg  
Number: 71

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M30 (30-34 Jahre)

Total time: 10:57:47

Speed: 9.12 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 26 (of 246)

Rank in course/Men: 26 (of 211)

Best time in course: 8:32:51

Rank in category: 5(of 13)

Best time in the category: 8:32:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Glasbachwiese	27.39	2:52:43	6:18	8	27:20	43	30:57	27.39	2:52:43	6:18	8	27:20	43	30:57
Floh-Seligenthal	27.74	2:39:41	5:45	3	2:15	14	17:28	55.13	5:32:24	6:01	4	1:05:03	25	1:05:03
Finsterbergen	22.03	2:36:00	7:04	5	34:21	19	38:33	77.16	8:08:24	6:19	5	1:39:24	22	1:39:24
Fröttstädt	23.06	2:49:23	7:20	5	45:32	37	51:16	100.22	10:57:47	6:33	5	2:24:56	26	2:24:56