



13. thüringenULTRA

Fröttstädt / 06.07.2019

Detailed evaluation

Lange, Harald

Club: Spiridon Frankfurt
Number: 19

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 11:03:52

Speed: 9.04 km/h
Running performance: 6:37 min/km

Rank in course/Total: 27 (of 246)

Rank in course/Men: 27 (of 211)

Best time in course: 8:32:51

Rank in category: 7(of 21)

Best time in the category: 8:47:36

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	2:40:01	5:50	7	11:43	18	18:15	27.39	2:40:01	5:50	7	11:43	18	18:15
Floh-Seligenthal	27.74	2:52:18	6:12	7	30:05	27	30:05	55.13	5:32:19	6:01	7	40:17	24	1:04:58
Finsterbergen	22.03	2:44:28	7:27	8	47:01	36	47:01	77.16	8:16:47	6:26	7	1:27:18	28	1:47:47
Fröttstädt	23.06	2:47:05	7:14	8	48:58	32	48:58	100.22	11:03:52	6:37	7	2:16:16	27	2:31:01