



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Gratzel, Thorsten

Club: Hepberg
Number: 174

Course: 100.22 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:15:02

Speed: 8.91 km/h
Running performance: 6:44 min/km

Rank in course/Total: 32 (of 246)

Rank in course/Men: 31 (of 211)

Best time in course: 8:32:51

Rank in category: 6(of 22)

Best time in the category: 9:14:13

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	2:44:01	5:59	3	15:39	29	22:15	27.39	2:44:01	5:59	3	15:39	29	22:15
Floh-Seligenthal	27.74	2:48:54	6:05	3	25:15	26	26:41	55.13	5:32:55	6:02	3	52:44	26	1:05:34
Finsterbergen	22.03	3:06:53	8:28	10	55:12	85	1:09:26	77.16	8:39:48	6:44	5	1:36:06	36	2:10:48
Fröttstädt	23.06	2:35:14	6:43	5	24:43	13	37:07	100.22	11:15:02	6:44	6	2:00:49	31	2:42:11