



13. thüringenULTRA  
Fröttstädt / 06.07.2019

### Detailed evaluation

Roder, Michael

Club: Bindlach  
Number: 96

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M35 (35-39 Jahre)

Total time: 11:21:17

Speed: 8.81 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 35 (of 246)

Rank in course/Men: 34 (of 211)

Best time in course: 8:32:51

Rank in category: 8(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	3:00:19	6:34	11	32:01	61	38:33	27.39	3:00:19	6:34	11	32:01	61	38:33
Floh-Seligenthal	27.74	2:59:46	6:28	9	37:33	48	37:33	55.13	6:00:05	6:31	10	1:08:03	55	1:32:44
Finsterbergen	22.03	2:40:10	7:16	7	42:43	27	42:43	77.16	8:40:15	6:44	8	1:50:46	38	2:11:15
Fröttstädt	23.06	2:41:02	6:58	5	42:55	21	42:55	100.22	11:21:17	6:47	8	2:33:41	34	2:48:26