



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Bandowski, Dirk

Club: LG Kaufungen  
Number: 253

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:31:35

Speed: 8.69 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 39 (of 246)

Rank in course/Men: 37 (of 211)

Best time in course: 8:32:51

Rank in category: 7(of 38)

Best time in the category: 10:14:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Glasbachwiese	27.39	3:03:28	6:41	17	25:54	72	41:42	27.39	3:03:28	6:41	17	25:54	72	41:42
Floh-Seligenthal	27.74	2:58:50	6:26	8	23:58	42	36:37	55.13	6:02:18	6:34	10	49:40	59	1:34:57
Finsterbergen	22.03	2:44:23	7:27	8	18:33	35	46:56	77.16	8:46:41	6:49	8	1:08:13	45	2:17:41
Fröttstädt	23.06	2:44:54	7:09	5	9:10	28	46:47	100.22	11:31:35	6:54	7	1:17:23	37	2:58:44