



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Rauch, Michael

Club: Lokomotive Wendelstein  
Number: 152

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:33:38

Speed: 8.67 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 40 (of 246)

Rank in course/Men: 38 (of 211)

Best time in course: 8:32:51

Rank in category: 8(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 Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	3:02:34	6:39	15	25:00	68	40:48	27.39	3:02:34	6:39	15	25:00	68	40:48
Floh-Seligenthal	27.74	3:01:45	6:33	12	26:53	55	39:32	55.13	6:04:19	6:36	11	51:41	61	1:36:58
Finsterbergen	22.03	2:43:47	7:26	6	17:57	32	46:20	77.16	8:48:06	6:50	10	1:09:38	47	2:19:06
Fröttstädt	23.06	2:45:32	7:10	8	9:48	31	47:25	100.22	11:33:38	6:55	8	1:19:26	38	3:00:47