



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Herbert, Stephan

Club: Marathon Steinfurt  
Number: 6

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 11:36:39

Speed: 8.61 km/h  
Running performance: 6:57 min/km

Rank in course/Total: 41 (of 246)

Rank in course/Men: 39 (of 211)

Best time in course: 8:32:51

Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.39	2:53:49	6:20	8	16:15	46	32:03	27.39	2:53:49	6:20	8	16:15	46	32:03
Floh-Seligenthal	27.74	2:55:04	6:18	7	20:12	33	32:51	55.13	5:48:53	6:19	7	36:15	39	1:21:32
Finsterbergen	22.03	2:46:47	7:34	9	20:57	42	49:20	77.16	8:35:40	6:40	7	57:12	34	2:06:40
Fröttstädt	23.06	3:00:59	7:50	11	25:15	51	1:02:52	100.22	11:36:39	6:57	9	1:22:27	39	3:03:48