



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Malig, Ralf

Club: Bowlingclub Senftenberg
Number: 114

Course: 100.22 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 11:54:24

Speed: 8.40 km/h
Running performance: 7:08 min/km

Rank in course/Total: 53 (of 246)

Rank in course/Men: 50 (of 211)

Best time in course: 8:32:51

Rank in category: 6(of 45)

Best time in the category: 10:21:20

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	2:59:18	6:32	8	27:12	57	37:32	27.39	2:59:18	6:32	8	27:12	57	37:32
Floh-Seligenthal	27.74	3:07:44	6:46	11	25:50	67	45:31	55.13	6:07:02	6:39	9	51:00	63	1:39:41
Finsterbergen	22.03	3:00:03	8:10	12	29:22	71	1:02:36	77.16	9:07:05	7:05	8	1:20:22	62	2:38:05
Fröttstädt	23.06	2:47:19	7:15	3	12:42	33	49:12	100.22	11:54:24	7:07	6	1:33:04	50	3:21:33