



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Degering, Hecke

Club: ASFM Göttingen  
Number: 244

Course: 100.22 km  
100 Kilometer

Category:

Senioren M40 (40-44 Jahre)

Total time: 11:56:11

Speed: 8.38 km/h

Running performance: 7:09 min/km

Rank in course/Total: 54 (of 246)

Rank in course/Men: 51 (of 211)

Best time in course: 8:32:51

Rank in category: 8(of 22)

Best time in the category: 9:14:13

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 27.39       | 2:59:08       | 6:32            | 8           | 30:46          | 56          | 37:22         | 27.39         | 2:59:08       | 6:32            | 8           | 30:46          | 56         | 37:22         |
| Floh-Seligenthal | 27.74       | 2:54:37       | 6:17            | 5           | 30:58          | 31          | 32:24         | 55.13         | 5:53:45       | 6:24            | 8           | 1:13:34        | 46         | 1:26:24       |
| Finsterbergen    | 22.03       | 3:12:44       | 8:44            | 12          | 1:01:03        | 96          | 1:15:17       | 77.16         | 9:06:29       | 7:04            | 10          | 2:02:47        | 57         | 2:37:29       |
| Fröttstädt       | 23.06       | 2:49:42       | 7:21            | 7           | 39:11          | 38          | 51:35         | 100.22        | 11:56:11      | 7:08            | 8           | 2:41:58        | 51         | 3:23:20       |