



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 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	2:59:08	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