



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Delling, Thomas

Club: LV Limbach 2000  
Number: 252

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:34:03

Speed: 7.97 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 77 (of 246)

Rank in course/Men: 71 (of 211)

Best time in course: 8:32:51

Rank in category: 15(of 38)

Best time in the category: 10:14:12

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	3:05:59	6:47	18	28:25	75	44:13	27.39	3:05:59	6:47	18	28:25	75	44:13
Floh-Seligenthal	27.74	3:12:42	6:56	18	37:50	82	50:29	55.13	6:18:41	6:52	15	1:06:03	76	1:51:20
Finsterbergen	22.03	3:03:25	8:19	15	37:35	77	1:05:58	77.16	9:22:06	7:17	15	1:43:38	77	2:53:06
Fröttstädt	23.06	3:11:57	8:19	16	36:13	70	1:13:50	100.22	12:34:03	7:31	15	2:19:51	71	4:01:12