



13. thüringenULTRA  
Fröttstädt / 06.07.2019

Detailed evaluation

Dietz, Ralph

Club: Team Deutschland  
Number: 94

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 12:39:11

Speed: 7.92 km/h  
Running performance: 7:35 min/km

Rank in course/Total: 79 (of 246)

Rank in course/Men: 72 (of 211)

Best time in course: 8:32:51

Rank in category: 12(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	2:55:07	6:23	5	23:01	47	33:21	27.39	2:55:07	6:23	5	23:01	47	33:21
Floh-Seligenthal	27.74	3:02:42	6:35	6	20:48	57	40:29	55.13	5:57:49	6:29	5	41:47	53	1:30:28
Finsterbergen	22.03	3:00:10	8:10	13	29:29	72	1:02:43	77.16	8:57:59	6:58	5	1:11:16	53	2:28:59
Fröttstädt	23.06	3:41:12	9:35	22	1:06:35	124	1:43:05	100.22	12:39:11	7:34	12	2:17:51	72	4:06:20