



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Rastetter, Uwe

Club: AC Weinheim
Number: 82

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:47:47

Speed: 7.81 km/h
Running performance: 7:40 min/km

Rank in course/Total: 89 (of 246)

Rank in course/Men: 81 (of 211)

Best time in course: 8:32:51

Rank in category: 15(of 43)

Best time in the category: 10:38:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	3:24:49	7:28	22	48:11	123	1:03:03	27.39	3:24:49	7:28	22	48:11	123	1:03:03
Floh-Seligenthal	27.74	3:20:30	7:13	17	36:51	100	58:17	55.13	6:45:19	7:21	20	1:25:02	113	2:17:58
Finsterbergen	22.03	2:54:40	7:55	10	21:06	57	57:13	77.16	9:39:59	7:30	15	1:39:22	88	3:10:59
Fröttstädt	23.06	3:07:48	8:08	11	30:33	62	1:09:41	100.22	12:47:47	7:39	15	2:09:22	81	4:14:56