



14. thüringen ULTRA

Fröttstädt / 02.07.2022

Detailed evaluation

Ralf Giese

Club: Lauffeuer Fröttstädt e.V.
Number: 212

Course: 100.22 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 10:29:19

Speed: 9.53 km/h
Running performance: 6:16 min/km

Rank in course/Total: 19 (of 187)

Rank in course/Men: 19 (of 159)

Best time in course: 8:24:01

Rank in category: 1(of 25)

Best time in the category: 10:29:19

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 | 27.00 | 2:42:49 | 6:01 | 1 | - | 23 | 35:02 | 27.00 | 2:42:49 | 6:01 | 1 | - | 23 | 35:02 |
| Floh-Seligenthal | 27.00 | 2:44:50 | 6:06 | 2 | 1:08 | 20 | 30:12 | 54.00 | 5:27:39 | 6:04 | 1 | - | 21 | 1:05:14 |
| Finsterbergen | 22.00 | 2:24:39 | 6:34 | 1 | - | 15 | 28:23 | 76.00 | 7:52:18 | 6:12 | 1 | - | 19 | 1:33:37 |
| Finish | 24.22 | 2:37:01 | 6:28 | 3 | 5:56 | 28 | 2:37:01 | 100.22 | 10:29:19 | 6:16 | 1 | - | 19 | 2:05:18 |