



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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