



14. thüringen ULTRA

Fröttstädt / 02.07.2022

Detailed evaluation

Heiko Ludwig

Club: memler.de
Number: 226

Course: 100.22 km
100 Kilometer

Category:
Senioren M55 (55-59 Jahre)

Total time: 12:39:16

Speed: 7.90 km/h
Running performance: 7:34 min/km

Rank in course/Total: 67 (of 187)

Rank in course/Men: 62 (of 159)

Best time in course: 8:24:01

Rank in category: 6(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	3:19:12	7:22	11	36:23	80	1:11:25	27.00	3:19:12	7:22	11	36:23	80	1:11:25
Floh-Seligenthal	27.00	3:14:08	7:11	6	30:26	62	59:30	54.00	6:33:20	7:17	7	1:05:41	70	2:10:55
Finsterbergen	22.00	2:53:34	7:53	5	28:55	50	57:18	76.00	9:26:54	7:27	6	1:34:36	61	3:08:13
Finish	24.22	3:12:22	7:56	6	41:17	66	3:12:22	100.22	12:39:16	7:34	6	2:09:57	62	4:15:15