



# 14. thüringen ULTRA

Fröttstädt / 02.07.2022

## Detailed evaluation

### Bernward Münster

Club: Köln  
Number: 46

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 13:34:12

Speed: 7.37 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 97 (of 187)

Rank in course/Men: 84 (of 159)

Best time in course: 8:24:01

Rank in category: 9(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	3:06:29	6:54	7	23:40	59	58:42	27.00	3:06:29	6:54	7	23:40	59	58:42
Floh-Seligenthal	27.00	3:51:39	8:34	15	1:07:57	120	1:37:01	54.00	6:58:08	7:44	12	1:30:29	91	2:35:43
Finsterbergen	22.00	3:18:42	9:01	11	54:03	89	1:22:26	76.00	10:16:50	8:06	12	2:24:32	94	3:58:09
Finish	24.22	3:17:22	8:08	8	46:17	76	3:17:22	100.22	13:34:12	8:07	9	3:04:53	84	5:10:11