



# 14. thüringen ULTRA

Fröttstädt / 02.07.2022

## Detailed evaluation

**Cees Dijkstra**

Club: Bureau C. Dijkstra BV  
Number: 136

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 14:44:05

Speed: 6.79 km/h  
Running performance: 8:49 min/km

Rank in course/Total: 123 (of 187)

Rank in course/Men: 104 (of 159)

Best time in course: 8:24:01

Rank in category: 13(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	3:33:54	7:55	18	51:05	115	1:26:07	27.00	3:33:54	7:55	18	51:05	115	1:26:07
Floh-Seligenthal	27.00	3:41:19	8:11	14	57:37	106	1:26:41	54.00	7:15:13	8:03	15	1:47:34	110	2:52:48
Finsterbergen	22.00	3:42:11	10:05	14	1:17:32	106	1:45:55	76.00	10:57:24	8:39	15	3:05:06	104	4:38:43
Finish	24.22	3:46:41	9:21	13	1:15:36	105	3:46:41	100.22	14:44:05	8:49	13	4:14:46	104	6:20:04