



14. thüringen ULTRA
Fröttstädt / 02.07.2022

Detailed evaluation

Ralf Simon

Club: LG Ultralauf
Number: 98

Course: 100.22 km
100 Kilometer

Category:
Senioren M60 (60-64 Jahre)

Total time: 14:10:07

Speed: 7.06 km/h
Running performance: 8:28 min/km

Rank in course/Total: 112 (of 187)

Rank in course/Men: 96 (of 159)

Best time in course: 8:24:01

Rank in category: 8(of 20)

Best time in the category: 12:09:04

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	3:36:56	8:02	12	34:11	121	1:29:09	27.00	3:36:56	8:02	12	34:11	121	1:29:09
Floh-Seligenthal	27.00	3:29:54	7:46	6	22:27	90	1:15:16	54.00	7:06:50	7:54	7	50:04	104	2:44:25
Finsterbergen	22.00	3:31:51	9:37	9	35:12	97	1:35:35	76.00	10:38:41	8:24	8	1:22:36	99	4:20:00
Finish	24.22	3:31:26	8:43	8	38:27	90	3:31:26	100.22	14:10:07	8:28	8	2:01:03	96	5:46:06