



14. thüringen ULTRA  
Fröttstädt / 02.07.2022

Detailed evaluation

Michael Menzhausen

Club: Sportfreunde Sennestadt  
Number: 103

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M65 (65-69 Jahre)

Total time: 15:13:38

Speed: 6.57 km/h  
Running performance: 9:06 min/km

Rank in course/Total: 135 (of 187)

Rank in course/Men: 114 (of 159)

Best time in course: 8:24:01

Rank in category: 5(of 8)

Best time in the category: 12:04:47

Control	Intermediate times				Stage score				Total ranking					
	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	3:46:24	8:23	5	21:51	133	1:38:37	27.00	3:46:24	8:23	5	21:51	133	1:38:37
Floh-Seligenthal	27.00	3:44:16	8:18	5	37:23	112	1:29:38	54.00	7:30:40	8:20	5	59:14	124	3:08:15
Finsterbergen	22.00	3:57:11	10:46	6	1:13:51	127	2:00:55	76.00	11:27:51	9:03	5	2:13:05	122	5:09:10
Finish	24.22	3:45:47	9:19	5	55:46	103	3:45:47	100.22	15:13:38	9:06	5	3:08:51	114	6:49:37