



14. thüringen ULTRA
Fröttstädt / 02.07.2022

Detailed evaluation

Sebastian Zettel

Club: LLC Marathon Regensburg e.V.
Number: 22

Course: 100.22 km
100 Kilometer

Category:
Senioren M40 (40-44 Jahre)

Total time: 11:38:02

Speed: 8.60 km/h
Running performance: 6:57 min/km

Rank in course/Total: 40 (of 187)

Rank in course/Men: 38 (of 159)

Best time in course: 8:24:01

Rank in category: 7(of 21)

Best time in the category: 9:38:29

Intermediate times				Stage score				Total ranking						
Control	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	2:58:35	6:36	7	30:56	43	50:48	27.00	2:58:35	6:36	7	30:56	43	50:48
Floh-Seligenthal	27.00	2:49:47	6:17	5	16:18	27	35:09	54.00	5:48:22	6:27	7	40:44	35	1:25:57
Finsterbergen	22.00	2:51:21	7:47	10	37:04	47	55:05	76.00	8:39:43	6:50	7	1:17:48	35	2:21:02
Finish	24.22	2:58:19	7:21	10	42:13	52	2:58:19	100.22	11:38:02	6:57	7	1:59:33	38	3:14:01