



14. thüringen ULTRA  
Fröttstädt / 02.07.2022

Detailed evaluation

**Kai Nitzsche**

Club: TSV 1872 Pobershau  
Number: 203

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M40 (40-44 Jahre)

Total time: 11:53:13

Speed: 8.41 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 47 (of 187)

Rank in course/Men: 45 (of 159)

Best time in course: 8:24:01

Rank in category: 9(of 21)

Best time in the category: 9:38:29

Intermediate times

Stage score

Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Glasbachwiese    | 27.00       | 3:18:17       | 7:20            | 11          | 50:38          | 77          | 1:10:30       | 27.00         | 3:18:17       | 7:20            | 11          | 50:38          | 77         | 1:10:30       |
| Floh-Seligenthal | 27.00       | 3:12:11       | 7:07            | 9           | 38:42          | 53          | 57:33         | 54.00         | 6:30:28       | 7:13            | 11          | 1:22:50        | 66         | 2:08:03       |
| Finsterbergen    | 22.00       | 2:41:56       | 7:21            | 6           | 27:39          | 33          | 45:40         | 76.00         | 9:12:24       | 7:16            | 9           | 1:50:29        | 53         | 2:53:43       |
| Finish           | 24.22       | 2:40:49       | 6:38            | 7           | 24:43          | 32          | 2:40:49       | 100.22        | 11:53:13      | 7:06            | 9           | 2:14:44        | 45         | 3:29:12       |