



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	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	3:18:17	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