



14. thüringen ULTRA  
Fröttstädt / 02.07.2022

Detailed evaluation

Mark De Blancq

Number: 31

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:04:14

Speed: 8.28 km/h

Running performance: 7:13 min/km

Rank in course/Total: 51 (of 187)

Rank in course/Men: 49 (of 159)

Best time in course: 8:24:01

Rank in category: 9(of 22)

Best time in the category: 8:24:01

| 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    | 2:52:39    | 6:23         | 11          | 44:52       | 35      | 44:52      | 27.00         | 2:52:39    | 6:23         | 11       | 44:52       | 35      | 44:52      |
| Floh-Seligenthal   | 27.00    | 3:10:46    | 7:03         | 10          | 56:08       | 51      | 56:08      | 54.00         | 6:03:25    | 6:43         | 10       | 1:41:00     | 41      | 1:41:00    |
| Finsterbergen      | 22.00    | 3:03:00    | 8:19         | 12          | 1:06:44     | 67      | 1:06:44    | 76.00         | 9:06:25    | 7:11         | 10       | 2:47:44     | 48      | 2:47:44    |
| Finish             | 24.22    | 2:57:49    | 7:20         | 9           | 2:57:49     | 51      | 2:57:49    | 100.22        | 12:04:14   | 7:13         | 9        | 3:40:13     | 49      | 3:40:13    |