



14. thüringen ULTRA
Fröttstädt / 02.07.2022

Detailed evaluation

Thomas Kouschil

Club: ARYZTA Nordhausen
Number: 193

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 10:15:38

Speed: 9.75 km/h
Running performance: 6:08 min/km

Rank in course/Total: 17 (of 187)

Rank in course/Men: 17 (of 159)

Best time in course: 8:24:01

Rank in category: 2(of 36)

Best time in the category: 9:56:21

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	2:39:48	5:55	3	3:11	18	32:01	27.00	2:39:48	5:55	3	3:11	18	32:01
Floh-Seligenthal	27.00	2:36:36	5:47	1	-	11	21:58	54.00	5:16:24	5:51	1	-	13	53:59
Finsterbergen	22.00	2:28:46	6:45	2	11:31	19	32:30	76.00	7:45:10	6:07	2	10:55	16	1:26:29
Finish	24.22	2:30:28	6:12	3	2:30:28	20	2:30:28	100.22	10:15:38	6:08	2	19:17	17	1:51:37