



# 14. thüringen ULTRA

Fröttstädt / 02.07.2022

## Detailed evaluation

**Frank Aust**

Club: Lauffeuer Fröttstädt  
Number: 183

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M50 (50-54 Jahre)

Total time: 13:07:03

Speed: 7.62 km/h  
Running performance: 7:51 min/km

Rank in course/Total: 86 (of 187)

Rank in course/Men: 77 (of 159)

Best time in course: 8:24:01

Rank in category: 22(of 36)

Best time in the category: 9:56:21

### 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	3:10:45	7:03	17	34:08	63	1:02:58	27.00	3:10:45	7:03	17	34:08	63	1:02:58
Floh-Seligenthal	27.00	3:24:32	7:34	21	47:56	77	1:09:54	54.00	6:35:17	7:19	18	1:18:53	72	2:12:52
Finsterbergen	22.00	3:15:44	8:53	24	58:29	86	1:19:28	76.00	9:51:01	7:46	21	2:16:46	78	3:32:20
Finish	24.22	3:16:02	8:05	21	3:16:02	73	3:16:02	100.22	13:07:03	7:51	22	3:10:42	77	4:43:02