



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

**Swen Thorhauer**

Club: Lauffeuer Fröttstädt e.V.  
Number: 1009

Course: 160.00 km  
100 Meilen

Category:  
Senioren M35 (35-39) M

Total time: 21:53:26

Speed: 7.31 km/h  
Running performance: 8:12 min/km

Rank in course/Total: 19 (of 70)

Rank in course/Men: 19 (of 63)

Best time in course: 17:03:47

Rank in category: 6(of 7)

Best time in the category: 17:40:50

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
Hörselberg	42.00	4:22:11	6:14	5	46:36	11	46:36	42.00	4:22:11	6:14	5	46:36	11	46:36
Sondra	28.00	3:48:31	8:09	4	26:31	11	27:56	70.00	8:10:42	7:00	4	1:13:07	11	1:13:07
Glasbachwiese	17.00	2:35:33	9:09	6	23:50	16	37:08	87.00	10:46:15	7:25	5	1:36:57	15	1:36:57
Floh-Seligenthal	27.00	3:26:38	7:39	4	26:19	11	41:36	114.00	14:12:53	7:28	5	2:03:16	13	2:03:16
Finsterbergen	24.00	4:26:45	11:06	6	1:39:57	48	2:05:04	138.00	18:39:38	8:06	6	3:43:13	19	3:53:13
Fröttstädt	22.00	3:13:48	8:48	4	29:23	15	3:13:48	160.00	21:53:26	8:12	6	4:12:36	19	4:49:39