



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Dirk Unger

Club: Laufjunkie
Number: 33

Course: 100.00 km
100 Kilometer

Category:
Senioren M40 (40-44)

Total time: 14:32:31

Speed: 6.88 km/h
Running performance: 8:43 min/km

Rank in course/Total: 109 (of 153)

Rank in course/Men: 87 (of 118)

Best time in course: 8:41:00

Rank in category: 10(of 11)

Best time in the category: 9:33:13

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	3:34:44	7:57	10	1:05:36	90	1:22:55	27.00	3:34:44	7:57	10	1:05:36	90	1:22:55
Floh-Seligenthal	27.00	3:28:20	7:42	9	56:28	72	1:10:48	54.00	7:03:04	7:50	9	2:00:42	83	2:33:43
Finsterbergen	22.00	3:35:05	9:46	9	1:22:03	81	1:33:54	76.00	10:38:09	8:23	9	3:22:45	80	4:07:37
Fröttstädt	24.00	3:54:22	9:45	9	1:37:23	92	3:54:22	100.00	14:32:31	8:43	10	4:59:18	87	5:51:31