



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Sven Herder

Club: SG Dynamo Dresden
Number: 123

Course: 100.00 km
100 Kilometer

Category:
Senioren M45 (45-49)

Total time: 8:48:00

Speed: 11.36 km/h
Running performance: 5:16 min/km

Rank in course/Total: 2 (of 153)

Rank in course/Men: 2 (of 118)

Best time in course: 8:41:00

Rank in category: 2(of 19)

Best time in the category: 8:41:00

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	2:19:05	5:09	2	7:16	3	7:16	27.00	2:19:05	5:09	2	7:16	3	7:16
Floh-Seligenthal	27.00	2:19:49	5:10	2	2:17	2	2:17	54.00	4:38:54	5:09	2	9:33	2	9:33
Finsterbergen	22.00	2:02:25	5:33	2	1:14	2	1:14	76.00	6:41:19	5:16	2	10:47	2	10:47
Fröttstädt	24.00	2:06:41	5:16	1	-	2	2:06:41	100.00	8:48:00	5:16	2	7:00	2	7:00