



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Sascha Dehling

Club: LG Mauerweg Berlin e.V.  
Number: 86

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M45 (45-49)

Total time: 10:15:10

Speed: 9.75 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 8 (of 153)

Rank in course/Men: 8 (of 118)

Best time in course: 8:41:00

Rank in category: 3(of 19)

Best time in the category: 8:41:00

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Glasbachwiese	27.00	2:28:06	5:29	3	16:17	4	16:17	27.00	2:28:06	5:29	3	16:17	4	16:17
Floh-Seligenthal	27.00	2:38:09	5:51	3	20:37	8	20:37	54.00	5:06:15	5:40	3	36:54	5	36:54
Finsterbergen	22.00	2:36:42	7:07	5	35:31	12	35:31	76.00	7:42:57	6:05	3	1:12:25	7	1:12:25
Fröttstädt	24.00	2:32:13	6:20	4	25:32	11	2:32:13	100.00	10:15:10	6:09	3	1:34:10	8	1:34:10