



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Daniel Knauer

Club: Brockenlaufverein Ilsenburg
Number: 146

Course: 100.00 km
100 Kilometer

Category:
Senioren M45 (45-49)

Total time: 10:30:27

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 12 (of 153)

Rank in course/Men: 12 (of 118)

Best time in course: 8:41:00

Rank in category: 5(of 19)

Best time in the category: 8:41:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	2:34:46	5:43	5	22:57	8	22:57	27.00	2:34:46	5:43	5	22:57	8	22:57
Floh-Seligenthal	27.00	2:46:56	6:10	5	29:24	12	29:24	54.00	5:21:42	5:57	4	52:21	11	52:21
Finsterbergen	22.00	2:32:47	6:56	4	31:36	10	31:36	76.00	7:54:29	6:14	4	1:23:57	10	1:23:57
Fröttstädt	24.00	2:35:58	6:29	5	29:17	14	2:35:58	100.00	10:30:27	6:18	5	1:49:27	12	1:49:27