



# 15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

## Detailed evaluation

**Michael Rauch**

Club: Lokomotive Wendelstein  
Number: 29

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M45 (45-49)

Total time: 11:56:24

Speed: 8.38 km/h  
Running performance: 7:09 min/km

Rank in course/Total: 28 (of 153)

Rank in course/Men: 25 (of 118)

Best time in course: 8:41:00

Rank in category: 8(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	3:13:50	7:10	11	1:02:01	50	1:02:01	27.00	3:13:50	7:10	11	1:02:01	50	1:02:01
Floh-Seligenthal	27.00	3:10:04	7:02	9	52:32	37	52:32	54.00	6:23:54	7:06	11	1:54:33	43	1:54:33
Finsterbergen	22.00	2:46:45	7:34	8	45:34	23	45:34	76.00	9:10:39	7:14	9	2:40:07	34	2:40:07
Fröttstädt	24.00	2:45:45	6:54	6	39:04	18	2:45:45	100.00	11:56:24	7:09	8	3:15:24	25	3:15:24