



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Alexander Ruske

Club: Nonviolent Mobility
Number: 37

Course: 100.00 km
100 Kilometer

Category:
Senioren M45 (45-49)

Total time: 11:58:20

Speed: 8.35 km/h
Running performance: 7:11 min/km

Rank in course/Total: 30 (of 153)

Rank in course/Men: 27 (of 118)

Best time in course: 8:41:00

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	3:05:47	6:52	9	53:58	37	53:58	27.00	3:05:47	6:52	9	53:58	37	53:58
Floh-Seligenthal	27.00	3:01:43	6:43	8	44:11	27	44:11	54.00	6:07:30	6:48	8	1:38:09	28	1:38:09
Finsterbergen	22.00	3:03:39	8:20	12	1:02:28	45	1:02:28	76.00	9:11:09	7:15	10	2:40:37	35	2:40:37
Fröttstädt	24.00	2:47:11	6:57	7	40:30	20	2:47:11	100.00	11:58:20	7:11	9	3:17:20	27	3:17:20