



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Rui Figueiredo

Number: 49

Course: 100.00 km
100 Kilometer

Category:
Senioren M45 (45-49)

Total time: 12:00:08

Speed: 8.33 km/h

Running performance: 7:12 min/km

Rank in course/Total: 31 (of 153)

Rank in course/Men: 28 (of 118)

Best time in course: 8:41:00

Rank in category: 10(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	3:07:23	6:56	10	55:34	39	55:34	27.00	3:07:23	6:56	10	55:34	39	55:34
Floh-Seligenthal	27.00	2:53:16	6:25	6	35:44	18	35:44	54.00	6:00:39	6:40	7	1:31:18	26	1:31:18
Finsterbergen	22.00	2:54:57	7:57	10	53:46	31	53:46	76.00	8:55:36	7:02	7	2:25:04	27	2:25:04
Fröttstädt	24.00	3:04:32	7:41	12	57:51	38	3:04:32	100.00	12:00:08	7:12	10	3:19:08	28	3:19:08