



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Alex Miller

Club: Team Miller-Udell

Number: 92

Course: 100.00 km

100 Kilometer

Category:

Senioren M45 (45-49)

Total time: 12:26:29

Speed: 8.04 km/h

Running performance: 7:27 min/km

Rank in course/Total: 45 (of 153)

Rank in course/Men: 38 (of 118)

Best time in course: 8:41:00

Rank in category: 12(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	3:14:04	7:11	13	1:02:15	53	1:02:15	27.00	3:14:04	7:11	13	1:02:15	53	1:02:15
Floh-Seligenthal	27.00	3:18:50	7:21	13	1:01:18	49	1:01:18	54.00	6:32:54	7:16	13	2:03:33	52	2:03:33
Finsterbergen	22.00	2:57:58	8:05	11	56:47	37	56:47	76.00	9:30:52	7:30	12	3:00:20	44	3:00:20
Fröttstädt	24.00	2:55:37	7:19	10	48:56	29	2:55:37	100.00	12:26:29	7:27	12	3:45:29	38	3:45:29