



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Rico Bechmann

Club: Lauffeuer Fröttstädt e.V.  
Number: 1002

Course: 160.00 km  
100 Meilen

Category:  
Senioren M40 (40-44) M

Total time: 17:38:47

Speed: 9.07 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 2 (of 70)

Rank in course/Men: 2 (of 63)

Best time in course: 17:03:47

Rank in category: 1(of 6)

Best time in the category: 17:38:47

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
Hörselberg	42.00	3:37:04	5:10	1	-	2	1:29	42.00	3:37:04	5:10	1	-	2	1:29
Sondra	28.00	3:20:35	7:09	1	-	1	-	70.00	6:57:39	5:57	1	-	2	0:04
Glasbachwiese	17.00	2:12:18	7:46	2	5:55	5	13:53	87.00	9:09:57	6:19	1	-	2	0:39
Floh-Seligenthal	27.00	3:25:52	7:37	3	34:44	10	40:50	114.00	12:35:49	6:37	1	-	3	26:12
Finsterbergen	24.00	2:56:24	7:21	3	31:48	7	34:43	138.00	15:32:13	6:45	2	2:31	4	45:48
Fröttstädt	22.00	2:06:34	5:45	1	-	3	2:06:34	160.00	17:38:47	6:37	1	-	2	35:00