



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Arjen de Groot

Club: CR Running

Number: 58

Course: 100.00 km

100 Kilometer

Category:

Senioren M50 (50-54)

Total time: 10:46:16

Speed: 9.28 km/h

Running performance: 6:27 min/km

Rank in course/Total: 13 (of 153)

Rank in course/Men: 13 (of 118)

Best time in course: 8:41:00

Rank in category: 3(of 22)

Best time in the category: 10:10:52

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	2:38:31	5:52	2	2:30	13	26:42	27.00	2:38:31	5:52	2	2:30	13	26:42
Floh-Seligenthal	27.00	2:43:09	6:02	3	11:01	10	25:37	54.00	5:21:40	5:57	3	13:31	10	52:19
Finsterbergen	22.00	2:36:55	7:07	4	12:11	13	35:44	76.00	7:58:35	6:17	3	25:42	13	1:28:03
Fröttstädt	24.00	2:47:41	6:59	5	18:13	21	2:47:41	100.00	10:46:16	6:27	3	35:24	13	2:05:16