



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Volker Rödig

Club: PV Triathlon Witten  
Number: 18

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M50 (50-54)

Total time: 12:03:53

Speed: 8.29 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 34 (of 153)

Rank in course/Men: 30 (of 118)

Best time in course: 8:41:00

Rank in category: 8(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	2:50:29	6:18	6	14:28	23	38:40	27.00	2:50:29	6:18	6	14:28	23	38:40
Floh-Seligenthal	27.00	2:56:00	6:31	7	23:52	20	38:28	54.00	5:46:29	6:24	6	38:20	20	1:17:08
Finsterbergen	22.00	2:55:04	7:57	9	30:20	33	53:53	76.00	8:41:33	6:51	8	1:08:40	22	2:11:01
Fröttstädt	24.00	3:22:20	8:25	15	52:52	65	3:22:20	100.00	12:03:53	7:14	8	1:53:01	30	3:22:53