



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Dietmar Lundszién

Number: 167

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M50 (50-54)

Total time: 12:31:52

Speed: 7.98 km/h

Running performance: 7:31 min/km

Rank in course/Total: 46 (of 153)

Rank in course/Men: 39 (of 118)

Best time in course: 8:41:00

Rank in category: 11(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	3:08:29	6:58	10	32:28	43	56:40	27.00	3:08:29	6:58	10	32:28	43	56:40
Floh-Seligenthal	27.00	3:06:09	6:53	10	34:01	32	48:37	54.00	6:14:38	6:56	10	1:06:29	36	1:45:17
Finsterbergen	22.00	2:58:11	8:05	11	33:27	38	57:00	76.00	9:12:49	7:16	10	1:39:56	37	2:42:17
Fröttstädt	24.00	3:19:03	8:17	14	49:35	62	3:19:03	100.00	12:31:52	7:31	11	2:21:00	39	3:50:52