



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Frank Aust

Club: Lauffeuer Fröttstädt e.V.
Number: 154

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 12:50:24

Speed: 7.79 km/h
Running performance: 7:42 min/km

Rank in course/Total: 57 (of 153)

Rank in course/Men: 48 (of 118)

Best time in course: 8:41:00

Rank in category: 12(of 22)

Best time in the category: 10:10:52

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	3:05:54	6:53	9	29:53	38	54:05	27.00	3:05:54	6:53	9	29:53	38	54:05
Floh-Seligenthal	27.00	3:24:05	7:33	13	51:57	62	1:06:33	54.00	6:29:59	7:13	13	1:21:50	47	2:00:38
Finsterbergen	22.00	3:29:31	9:31	16	1:04:47	78	1:28:20	76.00	9:59:30	7:53	14	2:26:37	60	3:28:58
Fröttstädt	24.00	2:50:54	7:07	6	21:26	23	2:50:54	100.00	12:50:24	7:42	12	2:39:32	48	4:09:24