



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Gunnar Zab

Club: LF Trills 09 - Protect the Planet
Number: 132

Course: 100.00 km
100 Kilometer

Category:
Senioren M50 (50-54)

Total time: 13:55:00

Speed: 7.19 km/h
Running performance: 8:20 min/km

Rank in course/Total: 92 (of 153)

Rank in course/Men: 72 (of 118)

Best time in course: 8:41:00

Rank in category: 16(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	3:31:29	7:49	17	55:28	80	1:19:40	27.00	3:31:29	7:49	17	55:28	80	1:19:40
Floh-Seligenthal	27.00	3:43:00	8:15	17	1:10:52	84	1:25:28	54.00	7:14:29	8:02	17	2:06:20	88	2:45:08
Finsterbergen	22.00	3:23:10	9:14	15	58:26	72	1:21:59	76.00	10:37:39	8:23	17	3:04:46	79	4:07:07
Fröttstädt	24.00	3:17:21	8:13	13	47:53	55	3:17:21	100.00	13:55:00	8:20	16	3:44:08	72	5:14:00