



# 15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

## Detailed evaluation

Sebastian Nußberger

Number: 1056

Course: 160.00 km  
100 Meilen

Category:

Senioren M40 (40-44) M

Total time: 20:22:12

Speed: 7.85 km/h

Running performance: 7:38 min/km

Rank in course/Total: 12 (of 70)

Rank in course/Men: 12 (of 63)

Best time in course: 17:03:47

Rank in category: 4(of 6)

Best time in the category: 17:38:47

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
Hörselberg	42.00	4:48:10	6:51	5	1:11:06	25	1:12:35	42.00	4:48:10	6:51	5	1:11:06	25	1:12:35
Sondra	28.00	4:12:28	9:01	6	51:53	20	51:53	70.00	9:00:38	7:43	6	2:02:59	18	2:03:03
Glasbachwiese	17.00	2:26:57	8:38	4	20:34	12	28:32	87.00	11:27:35	7:54	5	2:17:38	17	2:18:17
Floh-Seligenthal	27.00	3:11:42	7:05	2	20:34	5	26:40	114.00	14:39:17	7:42	5	2:03:28	17	2:29:40
Finsterbergen	24.00	2:46:28	6:56	2	21:52	3	24:47	138.00	17:25:45	7:34	5	1:56:03	12	2:39:20
Fröttstädt	22.00	2:56:27	8:01	4	49:53	11	2:56:27	160.00	20:22:12	7:38	4	2:43:25	12	3:18:25