



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ralf Lohrke

Number: 118

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 12:39:29

Speed: 7.90 km/h

Running performance: 7:35 min/km

Rank in course/Total: 53 (of 153)

Rank in course/Men: 45 (of 118)

Best time in course: 8:41:00

Rank in category: 5(of 17)

Best time in the category: 11:50:22

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	3:03:31	6:47	3	5:52	34	51:42	27.00	3:03:31	6:47	3	5:52	34	51:42
Floh-Seligenthal	27.00	3:08:09	6:58	3	7:02	36	50:37	54.00	6:11:40	6:52	2	0:12	32	1:42:19
Finsterbergen	22.00	3:00:32	8:12	3	16:55	40	59:21	76.00	9:12:12	7:15	3	17:07	36	2:41:40
Fröttstädt	24.00	3:27:17	8:38	9	34:30	70	3:27:17	100.00	12:39:29	7:35	5	49:07	45	3:58:29