



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Jörg Thomas

Club: Lauffreunde Gotha
Number: 144

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 12:57:13

Speed: 7.72 km/h
Running performance: 7:46 min/km

Rank in course/Total: 63 (of 153)

Rank in course/Men: 52 (of 118)

Best time in course: 8:41:00

Rank in category: 7(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	3:02:17	6:45	2	4:38	33	50:28	27.00	3:02:17	6:45	2	4:38	33	50:28
Floh-Seligenthal	27.00	3:12:03	7:06	4	10:56	40	54:31	54.00	6:14:20	6:55	3	2:52	34	1:44:59
Finsterbergen	22.00	3:19:58	9:05	10	36:21	70	1:18:47	76.00	9:34:18	7:33	6	39:13	46	3:03:46
Fröttstädt	24.00	3:22:55	8:27	8	30:08	66	3:22:55	100.00	12:57:13	7:46	7	1:06:51	52	4:16:13