



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

### Detailed evaluation

**Steffen Kummer**

Club: Ritter Sport Freunde  
Number: 157

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 13:24:25

Speed: 7.46 km/h  
Running performance: 8:02 min/km

Rank in course/Total: 76 (of 153)

Rank in course/Men: 62 (of 118)

Best time in course: 8:41:00

Rank in category: 9(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	3:13:58	7:11	8	16:19	51	1:02:09	27.00	3:13:58	7:11	8	16:19	51	1:02:09
Floh-Seligenthal	27.00	3:20:20	7:25	7	19:13	54	1:02:48	54.00	6:34:18	7:18	8	22:50	55	2:04:57
Finsterbergen	22.00	3:19:01	9:02	9	35:24	67	1:17:50	76.00	9:53:19	7:48	8	58:14	56	3:22:47
Fröttstädt	24.00	3:31:06	8:47	11	38:19	76	3:31:06	100.00	13:24:25	8:02	9	1:34:03	62	4:43:25