



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Uwe Matzkowski

Club: SV Freistett
Number: 51

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 13:55:15

Speed: 7.18 km/h
Running performance: 8:21 min/km

Rank in course/Total: 93 (of 153)

Rank in course/Men: 73 (of 118)

Best time in course: 8:41:00

Rank in category: 11(of 17)

Best time in the category: 11:50:22

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	3:05:03	6:51	4	7:24	35	53:14	27.00	3:05:03	6:51	4	7:24	35	53:14
Floh-Seligenthal	27.00	3:34:25	7:56	11	33:18	78	1:16:53	54.00	6:39:28	7:23	9	28:00	58	2:10:07
Finsterbergen	22.00	3:29:26	9:31	13	45:49	77	1:28:15	76.00	10:08:54	8:00	10	1:13:49	67	3:38:22
Fröttstädt	24.00	3:46:21	9:25	13	53:34	90	3:46:21	100.00	13:55:15	8:21	11	2:04:53	73	5:14:15