



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Bernward Münster

Club: Köln
Number: 20

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 14:13:08

Speed: 7.03 km/h
Running performance: 8:31 min/km

Rank in course/Total: 100 (of 153)

Rank in course/Men: 78 (of 118)

Best time in course: 8:41:00

Rank in category: 12(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	3:13:12	7:09	7	15:33	49	1:01:23	27.00	3:13:12	7:09	7	15:33	49	1:01:23
Floh-Seligenthal	27.00	4:05:31	9:05	13	1:04:24	98	1:47:59	54.00	7:18:43	8:07	12	1:07:15	91	2:49:22
Finsterbergen	22.00	3:22:02	9:11	11	38:25	71	1:20:51	76.00	10:40:45	8:25	12	1:45:40	83	4:10:13
Fröttstädt	24.00	3:32:23	8:50	12	39:36	79	3:32:23	100.00	14:13:08	8:31	12	2:22:46	78	5:32:08