



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ralf Ruppert

Club: Lg Oelde/Wadersloh  
Number: 117

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 14:14:31

Speed: 7.02 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 102 (of 153)

Rank in course/Men: 80 (of 118)

Best time in course: 8:41:00

Rank in category: 13(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	3:31:59	7:51	13	34:20	82	1:20:10	27.00	3:31:59	7:51	13	34:20	82	1:20:10
Floh-Seligenthal	27.00	3:48:19	8:27	12	47:12	89	1:30:47	54.00	7:20:18	8:09	13	1:08:50	92	2:50:57
Finsterbergen	22.00	3:24:41	9:18	12	41:04	74	1:23:30	76.00	10:44:59	8:29	13	1:49:54	85	4:14:27
Fröttstädt	24.00	3:29:32	8:43	10	36:45	73	3:29:32	100.00	14:14:31	8:32	13	2:24:09	80	5:33:31