



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Sven-Eric Häger

Club: KNWB Niederlande
Number: 9

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 17:06:42

Speed: 5.84 km/h
Running performance: 10:16 min/km

Rank in course/Total: 137 (of 153)

Rank in course/Men: 105 (of 118)

Best time in course: 8:41:00

Rank in category: 15(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. | Stage score | | Total ranking | | | | | | |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Glasbachwiese | 27.00 | 4:30:36 | 10:01 | 16 | 1:32:57 | 113 | 2:18:47 | 27.00 | 4:30:36 | 10:01 | 16 | 1:32:57 | 113 | 2:18:47 |
| Floh-Seligenthal | 27.00 | 4:14:23 | 9:25 | 15 | 1:13:16 | 101 | 1:56:51 | 54.00 | 8:44:59 | 9:43 | 16 | 2:33:31 | 109 | 4:15:38 |
| Finsterbergen | 22.00 | 4:15:24 | 11:36 | 16 | 1:31:47 | 106 | 2:14:13 | 76.00 | 13:00:23 | 10:16 | 16 | 4:05:18 | 106 | 6:29:51 |
| Fröttstädt | 24.00 | 4:06:19 | 10:15 | 14 | 1:13:32 | 96 | 4:06:19 | 100.00 | 17:06:42 | 10:16 | 15 | 5:16:20 | 105 | 8:25:42 |