



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ronald Beck

Number: 158

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 12:00:53

Speed: 8.32 km/h
Running performance: 7:12 min/km

Rank in course/Total: 32 (of 153)

Rank in course/Men: 29 (of 118)

Best time in course: 8:41:00

Rank in category: 3(of 18)

Best time in the category: 10:51:11

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	2:47:38	6:12	1	-	20	35:49	27.00	2:47:38	6:12	1	-	20	35:49
Floh-Seligenthal	27.00	3:06:02	6:53	3	15:41	31	48:30	54.00	5:53:40	6:32	2	13:42	25	1:24:19
Finsterbergen	22.00	3:04:16	8:22	4	26:13	46	1:03:05	76.00	8:57:56	7:04	3	39:28	28	2:27:24
Fröttstädt	24.00	3:02:57	7:37	4	30:14	35	3:02:57	100.00	12:00:53	7:12	3	1:09:42	29	3:19:53