



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ralf Schuster

Club: TC Kray 1892 e.V
Number: 44

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 12:37:37

Speed: 7.92 km/h
Running performance: 7:34 min/km

Rank in course/Total: 51 (of 153)

Rank in course/Men: 43 (of 118)

Best time in course: 8:41:00

Rank in category: 5(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	3:28:05	7:42	10	40:27	76	1:16:16	27.00	3:28:05	7:42	10	40:27	76	1:16:16
Floh-Seligenthal	27.00	3:19:45	7:23	6	29:24	52	1:02:13	54.00	6:47:50	7:33	9	1:07:52	66	2:18:29
Finsterbergen	22.00	2:54:16	7:55	3	16:13	30	53:05	76.00	9:42:06	7:39	6	1:23:38	50	3:11:34
Fröttstädt	24.00	2:55:31	7:18	3	22:48	28	2:55:31	100.00	12:37:37	7:34	5	1:46:26	43	3:56:37