



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Volker Ehrlich

Club: Impuls Erfurt
Number: 72

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 12:50:42

Speed: 7.79 km/h
Running performance: 7:42 min/km

Rank in course/Total: 58 (of 153)

Rank in course/Men: 49 (of 118)

Best time in course: 8:41:00

Rank in category: 6(of 18)

Best time in the category: 10:51:11

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	3:08:27	6:58	5	20:49	42	56:38	27.00	3:08:27	6:58	5	20:49	42	56:38
Floh-Seligenthal	27.00	3:11:32	7:05	4	21:11	39	54:00	54.00	6:19:59	7:02	5	40:01	40	1:50:38
Finsterbergen	22.00	3:14:38	8:50	9	36:35	60	1:13:27	76.00	9:34:37	7:33	5	1:16:09	48	3:04:05
Fröttstädt	24.00	3:16:05	8:10	7	43:22	53	3:16:05	100.00	12:50:42	7:42	6	1:59:31	49	4:09:42