



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Gunnar Meikstat

Number: 1031

Course: 160.00 km
100 Meilen

Category:
Senioren M40 (40-44) M

Total time: 21:44:21

Speed: 7.36 km/h

Running performance: 8:09 min/km

Rank in course/Total: 18 (of 70)

Rank in course/Men: 18 (of 63)

Best time in course: 17:03:47

Rank in category: 6(of 6)

Best time in the category: 17:38:47

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 |
| Hörselberg | 42.00 | 4:55:10 | 7:01 | 6 | 1:18:06 | 26 | 1:19:35 | 42.00 | 4:55:10 | 7:01 | 6 | 1:18:06 | 26 | 1:19:35 |
| Sondra | 28.00 | 4:03:43 | 8:42 | 5 | 43:08 | 15 | 43:08 | 70.00 | 8:58:53 | 7:41 | 5 | 2:01:14 | 17 | 2:01:18 |
| Glasbachwiese | 17.00 | 2:37:26 | 9:15 | 6 | 31:03 | 17 | 39:01 | 87.00 | 11:36:19 | 8:00 | 6 | 2:26:22 | 18 | 2:27:01 |
| Floh-Seligenthal | 27.00 | 3:36:41 | 8:01 | 6 | 45:33 | 18 | 51:39 | 114.00 | 15:13:00 | 8:00 | 6 | 2:37:11 | 19 | 3:03:23 |
| Finsterbergen | 24.00 | 3:13:18 | 8:03 | 5 | 48:42 | 12 | 51:37 | 138.00 | 18:26:18 | 8:00 | 6 | 2:56:36 | 18 | 3:39:53 |
| Fröttstädt | 22.00 | 3:18:03 | 9:00 | 5 | 1:11:29 | 16 | 3:18:03 | 160.00 | 21:44:21 | 8:09 | 6 | 4:05:34 | 18 | 4:40:34 |