



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 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
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