



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Dieter Kosuch

Club: Finanz Informatik  
Number: 137

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M60 (60-64)

Total time: 13:53:43

Speed: 7.20 km/h  
Running performance: 8:20 min/km

Rank in course/Total: 91 (of 153)

Rank in course/Men: 71 (of 118)

Best time in course: 8:41:00

Rank in category: 11(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	3:24:31	7:34	9	36:53	70	1:12:42	27.00	3:24:31	7:34	9	36:53	70	1:12:42
Floh-Seligenthal	27.00	3:27:04	7:40	11	36:43	68	1:09:32	54.00	6:51:35	7:37	10	1:11:37	69	2:22:14
Finsterbergen	22.00	3:23:54	9:16	11	45:51	73	1:22:43	76.00	10:15:29	8:05	11	1:57:01	71	3:44:57
Fröttstädt	24.00	3:38:14	9:05	12	1:05:31	82	3:38:14	100.00	13:53:43	8:20	11	3:02:32	71	5:12:43