



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ralph Dietz

Club: DUV

Number: 119

Course: 100.00 km

100 Kilometer

Category:

Senioren M60 (60-64)

Total time: 15:35:55

Speed: 6.41 km/h

Running performance: 9:21 min/km

Rank in course/Total: 124 (of 153)

Rank in course/Men: 95 (of 118)

Best time in course: 8:41:00

Rank in category: 16(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Glasbachwiese	27.00	3:32:34	7:52	11	44:56	85	1:20:45	27.00	3:32:34	7:52	11	44:56	85	1:20:45
Floh-Seligenthal	27.00	3:59:29	8:52	14	1:09:08	93	1:41:57	54.00	7:32:03	8:22	15	1:52:05	96	3:02:42
Finsterbergen	22.00	3:45:11	10:14	15	1:07:08	91	1:44:00	76.00	11:17:14	8:54	14	2:58:46	91	4:46:42
Fröttstädt	24.00	4:18:41	10:46	17	1:45:58	100	4:18:41	100.00	15:35:55	9:21	16	4:44:44	95	6:54:55