



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ralph Hermsdorf

Club: LC Auensee Leipzig
Number: 45

Course: 100.00 km
100 Kilometer

Category:
Senioren M60 (60-64)

Total time: 16:36:24

Speed: 6.02 km/h
Running performance: 9:57 min/km

Rank in course/Total: 133 (of 153)

Rank in course/Men: 101 (of 118)

Best time in course: 8:41:00

Rank in category: 18(of 18)

Best time in the category: 10:51:11

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total			Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.		Cat.	Men	Men				
Glasbachwiese	27.00	4:11:40	9:19	17	1:24:02	108	1:59:51	27.00	4:11:40	9:19	17	1:24:02	108	1:59:51
Floh-Seligenthal	27.00	4:20:07	9:38	17	1:29:46	104	2:02:35	54.00	8:31:47	9:28	18	2:51:49	108	4:02:26
Finsterbergen	22.00	4:10:30	11:23	17	1:32:27	100	2:09:19	76.00	12:42:17	10:01	17	4:23:49	104	6:11:45
Fröttstädt	24.00	3:54:07	9:45	14	1:21:24	91	3:54:07	100.00	16:36:24	9:57	18	5:45:13	101	7:55:24