



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Volker Dörr

Club: RC Vorwärts Speyer / 100MC
Number: 104

Course: 100.00 km
100 Kilometer

Category:
Senioren M65 (65-69)

Total time: 12:43:08

Speed: 7.86 km/h
Running performance: 7:37 min/km

Rank in course/Total: 55 (of 153)

Rank in course/Men: 46 (of 118)

Best time in course: 8:41:00

Rank in category: 1(of 5)

Best time in the category: 12:43:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Glasbachwiese	27.00	3:24:55	7:35	1	-	72	1:13:06	27.00	3:24:55	7:35	1	-	72	1:13:06
Floh-Seligenthal	27.00	3:19:06	7:22	1	-	50	1:01:34	54.00	6:44:01	7:28	1	-	60	2:14:40
Finsterbergen	22.00	3:02:24	8:17	1	-	43	1:01:13	76.00	9:46:25	7:42	1	-	53	3:15:53
Fröttstädt	24.00	2:56:43	7:21	2	0:30	31	2:56:43	100.00	12:43:08	7:37	1	-	46	4:02:08