



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Torsten Brunheim

Club: BSV Holborn  
Number: 1076

Course: 160.00 km  
100 Meilen

Category:  
Senioren M45 (45-49) M

Total time: 23:18:35

Speed: 6.86 km/h  
Running performance: 8:44 min/km

Rank in course/Total: 21 (of 70)

Rank in course/Men: 20 (of 63)

Best time in course: 17:03:47

Rank in category: 2(of 7)

Best time in the category: 18:56:06

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	4:46:11	6:48	2	19:34	19	1:10:36	42.00	4:46:11	6:48	2	19:34	19	1:10:36
Sondra	28.00	4:15:16	9:07	3	34:05	22	54:41	70.00	9:01:27	7:44	2	53:39	19	2:03:52
Glasbachwiese	17.00	2:38:55	9:20	2	27:31	18	40:30	87.00	11:40:22	8:03	2	1:21:10	20	2:31:04
Floh-Seligenthal	27.00	3:51:22	8:34	3	50:24	22	1:06:20	114.00	15:31:44	8:10	3	2:11:34	21	3:22:07
Finsterbergen	24.00	3:45:42	9:24	3	55:32	24	1:24:01	138.00	19:17:26	8:23	2	3:07:06	20	4:31:01
Fröttstädt	22.00	4:01:09	10:57	4	1:15:23	33	4:01:09	160.00	23:18:35	8:44	2	4:22:29	20	6:14:48