



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Werner Hanke

Club: DFUV
Number: 151

Course: 100.00 km
100 Kilometer

Category:
Senioren M70 (70-74)

Total time: 17:22:00

Speed: 5.76 km/h
Running performance: 10:25 min/km

Rank in course/Total: 140 (of 153)

Rank in course/Men: 108 (of 118)

Best time in course: 8:41:00

Rank in category: 4(of 5)

Best time in the category: 16:03:00

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	4:18:25	9:34	4	43:35	111	2:06:36	27.00	4:18:25	9:34	4	43:35	111	2:06:36
Floh-Seligenthal	27.00	4:31:48	10:03	3	38:38	107	2:14:16	54.00	8:50:13	9:49	3	1:22:13	111	4:20:52
Finsterbergen	22.00	4:11:26	11:25	4	15:00	101	2:10:15	76.00	13:01:39	10:17	3	1:25:45	107	6:31:07
Fröttstädt	24.00	4:20:21	10:50	2	23:19	102	4:20:21	100.00	17:22:00	10:25	4	1:19:00	108	8:41:00