



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Robert Krümmel

Number: 1072

Course: 160.00 km  
100 Meilen

Category:  
Senioren M45 (45-49) M

Total time: 26:00:28

Speed: 6.15 km/h  
Running performance: 9:45 min/km

Rank in course/Total: 40 (of 70)

Rank in course/Men: 36 (of 63)

Best time in course: 17:03:47

Rank in category: 5(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	5:09:03	7:21	5	42:26	33	1:33:28	42.00	5:09:03	7:21	5	42:26	33	1:33:28
Sondra	28.00	4:43:11	10:06	5	1:02:00	36	1:22:36	70.00	9:52:14	8:27	5	1:44:26	31	2:54:39
Glasbachwiese	17.00	2:59:53	10:34	5	48:29	34	1:01:28	87.00	12:52:07	8:52	5	2:32:55	33	3:42:49
Floh-Seligenthal	27.00	4:25:34	9:50	5	1:24:36	43	1:40:32	114.00	17:17:41	9:06	5	3:57:31	35	5:08:04
Finsterbergen	24.00	4:20:19	10:50	5	1:30:09	47	1:58:38	138.00	21:38:00	9:24	5	5:27:40	36	6:51:35
Fröttstädt	22.00	4:22:28	11:55	5	1:36:42	44	4:22:28	160.00	26:00:28	9:45	5	7:04:22	36	8:56:41