



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Peter Rübsam

Club: WSV 1907 Steinbach LGOE
Number: 1075

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54) M

Total time: 20:16:29

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 9 (of 70)

Rank in course/Men: 9 (of 63)

Best time in course: 17:03:47

Rank in category: 1(of 14)

Best time in the category: 20:16:29

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	4:25:01	6:18	3	20:13	13	49:26	42.00	4:25:01	6:18	3	20:13	13	49:26
Sondra	28.00	3:47:12	8:06	1	-	10	26:37	70.00	8:12:13	7:01	1	-	12	1:14:38
Glasbachwiese	17.00	2:22:22	8:22	1	-	8	23:57	87.00	10:34:35	7:17	2	29:00	11	1:25:17
Floh-Seligenthal	27.00	3:28:36	7:43	2	16:50	15	43:34	114.00	14:03:11	7:23	2	45:50	11	1:53:34
Finsterbergen	24.00	3:28:39	8:41	4	13:04	16	1:06:58	138.00	17:31:50	7:37	2	58:54	13	2:45:25
Fröttstädt	22.00	2:44:39	7:29	2	2:44:39	8	2:44:39	160.00	20:16:29	7:36	1	-	9	3:12:42