



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Kay Giese

Club: 100 Marathonclub Post SV Buxtehude
Number: 1003

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54) M

Total time: 23:35:34

Speed: 6.78 km/h
Running performance: 8:50 min/km

Rank in course/Total: 25 (of 70)

Rank in course/Men: 24 (of 63)

Best time in course: 17:03:47

Rank in category: 5(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	5:15:25	7:30	11	1:10:37	36	1:39:50	42.00	5:15:25	7:30	11	1:10:37	36	1:39:50
Sondra	28.00	4:42:07	10:04	11	54:55	34	1:21:32	70.00	9:57:32	8:32	10	1:45:19	33	2:59:57
Glasbachwiese	17.00	2:49:42	9:58	8	27:20	28	51:17	87.00	12:47:14	8:49	11	2:41:39	32	3:37:56
Floh-Seligenthal	27.00	3:49:43	8:30	4	37:57	20	1:04:41	114.00	16:36:57	8:44	10	3:19:36	31	4:27:20
Finsterbergen	24.00	3:30:02	8:45	5	14:27	18	1:08:21	138.00	20:06:59	8:44	9	3:34:03	29	5:20:34
Fröttstädt	22.00	3:28:35	9:28	4	3:28:35	20	3:28:35	160.00	23:35:34	8:50	5	3:19:05	24	6:31:47