



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Peter Flock

Club: Lauffeuer Fröttstädt e.V.
Number: 1001

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54) M

Total time: 23:51:38

Speed: 6.71 km/h
Running performance: 8:56 min/km

Rank in course/Total: 28 (of 70)

Rank in course/Men: 26 (of 63)

Best time in course: 17:03:47

Rank in category: 6(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	4:38:58	6:38	5	34:10	18	1:03:23	42.00	4:38:58	6:38	5	34:10	18	1:03:23
Sondra	28.00	4:23:57	9:25	6	36:45	25	1:03:22	70.00	9:02:55	7:45	4	50:42	21	2:05:20
Glasbachwiese	17.00	2:40:05	9:25	3	17:43	20	41:40	87.00	11:43:00	8:04	5	1:37:25	22	2:33:42
Floh-Seligenthal	27.00	4:15:55	9:28	9	1:04:09	34	1:30:53	114.00	15:58:55	8:24	7	2:41:34	26	3:49:18
Finsterbergen	24.00	3:50:09	9:35	8	34:34	31	1:28:28	138.00	19:49:04	8:36	5	3:16:08	24	5:02:39
Fröttstädt	22.00	4:02:34	11:01	9	4:02:34	34	4:02:34	160.00	23:51:38	8:56	6	3:35:09	26	6:47:51