



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Thomas Kamprath

Club: Crazy Downstairs Runners Frankenwald
Number: 1051

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54) M

Total time: 24:06:38

Speed: 6.64 km/h
Running performance: 9:02 min/km

Rank in course/Total: 31 (of 70)

Rank in course/Men: 29 (of 63)

Best time in course: 17:03:47

Rank in category: 8(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	4:46:28	6:49	6	41:40	21	1:10:53	42.00	4:46:28	6:49	6	41:40	21	1:10:53
Sondra	28.00	4:19:13	9:15	5	32:01	24	58:38	70.00	9:05:41	7:47	5	53:28	23	2:08:06
Glasbachwiese	17.00	2:48:58	9:56	6	26:36	25	50:33	87.00	11:54:39	8:12	6	1:49:04	24	2:45:21
Floh-Seligenthal	27.00	3:53:21	8:38	7	41:35	26	1:08:19	114.00	15:48:00	8:18	4	2:30:39	22	3:38:23
Finsterbergen	24.00	4:02:50	10:07	12	47:15	37	1:41:09	138.00	19:50:50	8:37	7	3:17:54	26	5:04:25
Fröttstädt	22.00	4:15:48	11:37	11	4:15:48	39	4:15:48	160.00	24:06:38	9:02	8	3:50:09	29	7:02:51