



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Christoph Hardes

Number: 1006

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54) M

Total time: 24:15:57

Speed: 6.59 km/h

Running performance: 9:05 min/km

Rank in course/Total: 33 (of 70)

Rank in course/Men: 30 (of 63)

Best time in course: 17:03:47

Rank in category: 9(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	5:22:40	7:40	12	1:17:52	39	1:47:05	42.00	5:22:40	7:40	12	1:17:52	39	1:47:05
Sondra	28.00	4:40:07	10:00	10	52:55	32	1:19:32	70.00	10:02:47	8:36	11	1:50:34	35	3:05:12
Glasbachwiese	17.00	2:51:18	10:04	10	28:56	30	52:53	87.00	12:54:05	8:53	12	2:48:30	34	3:44:47
Floh-Seligenthal	27.00	4:23:55	9:46	13	1:12:09	41	1:38:53	114.00	17:18:00	9:06	12	4:00:39	36	5:08:23
Finsterbergen	24.00	3:25:01	8:32	3	9:26	15	1:03:20	138.00	20:43:01	9:00	12	4:10:05	33	5:56:36
Fröttstädt	22.00	3:32:56	9:40	5	3:32:56	21	3:32:56	160.00	24:15:57	9:05	9	3:59:28	30	7:12:10