



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Thomas Hennig

Club: LAV Zeven
Number: 1060

Course: 160.00 km
100 Meilen

Category:
Senioren M50 (50-54) M

Total time: 24:20:56

Speed: 6.57 km/h
Running performance: 9:07 min/km

Rank in course/Total: 35 (of 70)

Rank in course/Men: 32 (of 63)

Best time in course: 17:03:47

Rank in category: 11(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 | | Behind | | Total | | Total | | Total | | Pos | | Behind | |
|------------------|-------------|---------------|-----------------|------|---------|--------|---------|--------|----------|--------|------|---------|------|---------|--|--------|--|
| | | | | Cat. | Men | Cat. | Men | km | Time | min/km | Cat. | Men | Cat. | Men | | | |
| Hörselberg | 42.00 | 4:20:53 | 6:12 | 2 | 16:05 | 7 | 45:18 | 42.00 | 4:20:53 | 6:12 | 2 | 16:05 | 7 | 45:18 | | | |
| Sondra | 28.00 | 4:26:16 | 9:30 | 7 | 39:04 | 27 | 1:05:41 | 70.00 | 8:47:09 | 7:31 | 3 | 34:56 | 16 | 1:49:34 | | | |
| Glasbachwiese | 17.00 | 2:49:59 | 9:59 | 9 | 27:37 | 29 | 51:34 | 87.00 | 11:37:08 | 8:00 | 4 | 1:31:33 | 19 | 2:27:50 | | | |
| Floh-Seligenthal | 27.00 | 4:20:30 | 9:38 | 12 | 1:08:44 | 40 | 1:35:28 | 114.00 | 15:57:38 | 8:24 | 6 | 2:40:17 | 25 | 3:48:01 | | | |
| Finsterbergen | 24.00 | 3:58:04 | 9:55 | 10 | 42:29 | 34 | 1:36:23 | 138.00 | 19:55:42 | 8:39 | 8 | 3:22:46 | 28 | 5:09:17 | | | |
| Fröttstädt | 22.00 | 4:25:14 | 12:03 | 12 | 4:25:14 | 45 | 4:25:14 | 160.00 | 24:20:56 | 9:07 | 11 | 4:04:27 | 32 | 7:17:09 | | | |