



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Ralf Lessig

Club: Dresdner Bank
Number: 1073

Course: 160.00 km
100 Meilen

Category:
Senioren M55 (55-59) M

Total time: 20:21:43

Speed: 7.86 km/h
Running performance: 7:38 min/km

Rank in course/Total: 11 (of 70)

Rank in course/Men: 11 (of 63)

Best time in course: 17:03:47

Rank in category: 1(of 9)

Best time in the category: 20:21:43

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	4:18:07	6:08	1	-	5	42:32	42.00	4:18:07	6:08	1	-	5	42:32
Sondra	28.00	3:38:24	7:47	1	-	4	17:49	70.00	7:56:31	6:48	1	-	4	58:56
Glasbachwiese	17.00	2:22:47	8:23	1	-	9	24:22	87.00	10:19:18	7:07	1	-	7	1:10:00
Floh-Seligenthal	27.00	3:27:39	7:41	1	-	14	42:37	114.00	13:46:57	7:15	1	-	8	1:37:20
Finsterbergen	24.00	3:07:30	7:48	1	-	10	45:49	138.00	16:54:27	7:21	1	-	8	2:08:02
Fröttstädt	22.00	3:27:16	9:25	2	3:27:16	19	3:27:16	160.00	20:21:43	7:38	1	-	11	3:17:56