



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Matthias Kröling

Club: LG Ultralauf
Number: 1032

Course: 160.00 km
100 Meilen

Category:
Senioren M30 (30-34) M

Total time: 21:19:54

Speed: 7.50 km/h
Running performance: 7:59 min/km

Rank in course/Total: 16 (of 70)

Rank in course/Men: 16 (of 63)

Best time in course: 17:03:47

Rank in category: 1(of 1)

Best time in the category: 21:19:54

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	5:00:33	7:09	1	-	31	1:24:58	42.00	5:00:33	7:09	1	-	31	1:24:58
Sondra	28.00	4:09:50	8:55	1	-	17	49:15	70.00	9:10:23	7:51	1	-	24	2:12:48
Glasbachwiese	17.00	2:42:04	9:31	1	-	21	43:39	87.00	11:52:27	8:11	1	-	23	2:43:09
Floh-Seligenthal	27.00	3:18:46	7:21	1	-	9	33:44	114.00	15:11:13	7:59	1	-	18	3:01:36
Finsterbergen	24.00	2:57:02	7:22	1	-	8	35:21	138.00	18:08:15	7:53	1	-	17	3:21:50
Fröttstädt	22.00	3:11:39	8:42	1	-	14	3:11:39	160.00	21:19:54	7:59	1	-	16	4:16:07