



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Friedhelm Hofmann

Club: Hunsrück-Marathon e.V.  
Number: 1049

Course: 160.00 km  
100 Meilen

Category:  
Senioren M55 (55-59) M

Total time: 27:17:18

Speed: 5.86 km/h  
Running performance: 10:13 min/km

Rank in course/Total: 47 (of 70)

Rank in course/Men: 43 (of 63)

Best time in course: 17:03:47

Rank in category: 4(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	5:49:40	8:19	5	1:31:33	47	2:14:05	42.00	5:49:40	8:19	5	1:31:33	47	2:14:05
Sondra	28.00	5:17:46	11:20	4	1:39:22	44	1:57:11	70.00	11:07:26	9:32	4	3:10:55	45	4:09:51
Glasbachwiese	17.00	3:16:03	11:31	6	53:16	45	1:17:38	87.00	14:23:29	9:55	4	4:04:11	43	5:14:11
Floh-Seligenthal	27.00	4:25:33	9:50	4	57:54	42	1:40:31	114.00	18:49:02	9:54	3	5:02:05	41	6:39:25
Finsterbergen	24.00	4:08:13	10:20	4	1:00:43	40	1:46:32	138.00	22:57:15	9:58	3	6:02:48	39	8:10:50
Fröttstädt	22.00	4:20:03	11:49	6	4:20:03	42	4:20:03	160.00	27:17:18	10:13	4	6:55:35	43	10:13:31