



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Manfred Kranz

Club: München  
Number: 1065

Course: 160.00 km  
100 Meilen

Category:  
Senioren M55 (55-59) M

Total time: 28:42:48

Speed: 5.57 km/h  
Running performance: 10:46 min/km

Rank in course/Total: 53 (of 70)

Rank in course/Men: 48 (of 63)

Best time in course: 17:03:47

Rank in category: 6(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    | 6:06:20    | 8:43         | 8           | 1:48:13     | 56      | 2:30:45    | 42.00         | 6:06:20    | 8:43         | 8        | 1:48:13     | 56      | 2:30:45    |
| Sondra             | 28.00    | 5:48:41    | 12:27        | 5           | 2:10:17     | 49      | 2:28:06    | 70.00         | 11:55:01   | 10:12        | 5        | 3:58:30     | 49      | 4:57:26    |
| Glasbachwiese      | 17.00    | 3:08:45    | 11:06        | 4           | 45:58       | 40      | 1:10:20    | 87.00         | 15:03:46   | 10:23        | 5        | 4:44:28     | 50      | 5:54:28    |
| Floh-Seligenthal   | 27.00    | 4:41:50    | 10:26        | 6           | 1:14:11     | 49      | 1:56:48    | 114.00        | 19:45:36   | 10:23        | 5        | 5:58:39     | 49      | 7:35:59    |
| Finsterbergen      | 24.00    | 4:15:19    | 10:38        | 5           | 1:07:49     | 42      | 1:53:38    | 138.00        | 24:00:55   | 10:26        | 6        | 7:06:28     | 49      | 9:14:30    |
| Fröttstädt         | 22.00    | 4:41:53    | 12:48        | 7           | 4:41:53     | 49      | 4:41:53    | 160.00        | 28:42:48   | 10:46        | 6        | 8:21:05     | 48      | 11:39:01   |