



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