



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Marcel Ernst

Club: Lauffeuer Fröttstädt e.V.  
Number: 1079

Course: 160.00 km  
100 Meilen

Category:  
Senioren M35 (35-39) M

Total time: 17:40:50

Speed: 9.05 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 3 (of 70)

Rank in course/Men: 3 (of 63)

Best time in course: 17:03:47

Rank in category: 1(of 7)

Best time in the category: 17:40:50

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	3:35:35	5:07	1	-	1	-	42.00	3:35:35	5:07	1	-	1	-
Sondra	28.00	3:22:00	7:12	1	-	2	1:25	70.00	6:57:35	5:57	1	-	1	-
Glasbachwiese	17.00	2:11:43	7:44	1	-	4	13:18	87.00	9:09:18	6:18	1	-	1	-
Floh-Seligenthal	27.00	3:00:19	6:40	1	-	3	15:17	114.00	12:09:37	6:24	1	-	1	-
Finsterbergen	24.00	2:46:48	6:57	1	-	4	25:07	138.00	14:56:25	6:29	1	-	2	10:00
Fröttstädt	22.00	2:44:25	7:28	1	-	7	2:44:25	160.00	17:40:50	6:37	1	-	3	37:03