



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Cees Dijkstra

Club: SV Friesland  
Number: 1069

Course: 160.00 km  
100 Meilen

Category:  
Senioren M60 (60-64) M

Total time: 26:33:44

Speed: 6.02 km/h  
Running performance: 9:57 min/km

Rank in course/Total: 42 (of 70)

Rank in course/Men: 38 (of 63)

Best time in course: 17:03:47

Rank in category: 4(of 13)

Best time in the category: 23:49:16

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	5:46:18	8:14	4	58:11	44	2:10:43	42.00	5:46:18	8:14	4	58:11	44	2:10:43
Sondra	28.00	4:58:06	10:38	3	32:26	38	1:37:31	70.00	10:44:24	9:12	4	1:30:37	39	3:46:49
Glasbachwiese	17.00	3:16:27	11:33	6	28:19	46	1:18:02	87.00	14:00:51	9:39	4	1:58:56	39	4:51:33
Floh-Seligenthal	27.00	4:11:04	9:17	4	5:28	33	1:26:02	114.00	18:11:55	9:34	3	2:04:24	37	6:02:18
Finsterbergen	24.00	4:00:51	10:02	4	17:32	36	1:39:10	138.00	22:12:46	9:39	4	2:21:56	38	7:26:21
Fröttstädt	22.00	4:20:58	11:51	7	59:15	43	4:20:58	160.00	26:33:44	9:57	4	2:44:28	38	9:29:57