



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Matthias Völkel

Number: 1078

Course: 160.00 km  
100 Meilen

Category:  
Senioren M35 (35-39) M

Total time: 21:10:48

Speed: 7.55 km/h

Running performance: 7:56 min/km

Rank in course/Total: 15 (of 70)

Rank in course/Men: 15 (of 63)

Best time in course: 17:03:47

Rank in category: 4(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	4:20:46	6:12	2	45:11	6	45:11	42.00	4:20:46	6:12	2	45:11	6	45:11
Sondra	28.00	3:52:19	8:17	5	30:19	13	31:44	70.00	8:13:05	7:02	5	1:15:30	13	1:15:30
Glasbachwiese	17.00	2:31:48	8:55	4	20:05	13	33:23	87.00	10:44:53	7:24	4	1:35:35	13	1:35:35
Floh-Seligenthal	27.00	3:27:25	7:40	5	27:06	13	42:23	114.00	14:12:18	7:28	4	2:02:41	12	2:02:41
Finsterbergen	24.00	3:34:45	8:56	5	47:57	20	1:13:04	138.00	17:47:03	7:43	4	2:50:38	15	3:00:38
Fröttstädt	22.00	3:23:45	9:15	5	39:20	18	3:23:45	160.00	21:10:48	7:56	4	3:29:58	15	4:07:01