



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Fabrice Spieker

Club: ASICS FRONTRUNNER GERMANY
Number: 149

Course: 100.00 km
100 Kilometer

Category:
Senioren M30 (30-34)

Total time: 12:24:38

Speed: 8.06 km/h
Running performance: 7:26 min/km

Rank in course/Total: 43 (of 153)

Rank in course/Men: 37 (of 118)

Best time in course: 8:41:00

Rank in category: 2(of 7)

Best time in the category: 11:36:38

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.00	2:46:42	6:10	2	10:22	18	34:53	27.00	2:46:42	6:10	2	10:22	18	34:53
Floh-Seligenthal	27.00	3:02:01	6:44	3	3:35	28	44:29	54.00	5:48:43	6:27	2	13:57	23	1:19:22
Finsterbergen	22.00	3:16:16	8:55	4	36:25	65	1:15:05	76.00	9:04:59	7:10	3	28:17	30	2:34:27
Fröttstädt	24.00	3:19:39	8:19	4	3:19:39	63	3:19:39	100.00	12:24:38	7:26	2	48:00	37	3:43:38