



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Steffen Heinze

Club: Laufteam Gothaer Bierfassheberverein e.V.
Number: 102

Course: 100.00 km
100 Kilometer

Category:
Senioren M35 (35-39)

Total time: 11:12:16

Speed: 8.93 km/h
Running performance: 6:43 min/km

Rank in course/Total: 19 (of 153)

Rank in course/Men: 17 (of 118)

Best time in course: 8:41:00

Rank in category: 1(of 8)

Best time in the category: 11:12:16

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
Glasbachwiese	27.00	2:52:57	6:24	2	13:54	26	41:08	27.00	2:52:57	6:24	2	13:54	26	41:08
Floh-Seligenthal	27.00	2:52:54	6:24	1	-	17	35:22	54.00	5:45:51	6:24	1	-	19	1:16:30
Finsterbergen	22.00	2:40:44	7:18	1	-	18	39:33	76.00	8:26:35	6:39	1	-	18	1:56:03
Fröttstädt	24.00	2:45:41	6:54	1	-	17	2:45:41	100.00	11:12:16	6:43	1	-	17	2:31:16