



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Julian Gonsior

Club: SV Königshofen  
Number: 1062

Course: 160.00 km  
100 Meilen

Category:  
Senioren M35 (35-39) M

Total time: 21:40:03

Speed: 7.38 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 17 (of 70)

Rank in course/Men: 17 (of 63)

Best time in course: 17:03:47

Rank in category: 5(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	4:25:14	6:18	6	49:39	15	49:39	42.00	4:25:14	6:18	6	49:39	15	49:39
Sondra	28.00	4:06:30	8:48	6	44:30	16	45:55	70.00	8:31:44	7:18	6	1:34:09	15	1:34:09
Glasbachwiese	17.00	2:35:30	9:08	5	23:47	14	37:05	87.00	11:07:14	7:40	6	1:57:56	16	1:57:56
Floh-Seligenthal	27.00	3:17:57	7:19	3	17:38	8	32:55	114.00	14:25:11	7:35	6	2:15:34	16	2:15:34
Finsterbergen	24.00	3:29:09	8:42	4	42:21	17	1:07:28	138.00	17:54:20	7:47	5	2:57:55	16	3:07:55
Fröttstädt	22.00	3:45:43	10:15	6	1:01:18	28	3:45:43	160.00	21:40:03	8:07	5	3:59:13	17	4:36:16