



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Ralf Ruppert

Club: Lg Oelde/Wadersloh  
Number: 175

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 14:21:08

Speed: 6.97 km/h  
Running performance: 8:36 min/km

Rank in course/Total: 118 (of 195)

Rank in course/Men: 93 (of 156)

Best time in course: 8:25:24

Rank in category: 14(of 30)

Best time in the category: 9:29:56

Control	Intermediate times				Stage score				Total ranking					
	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	3:28:15	7:42	14	30:41	101	1:13:33	27.00	3:28:15	7:42	14	30:41	101	1:13:33
Floh-Seligenthal	27.00	3:40:01	8:08	15	33:00	107	1:28:08	54.00	7:08:16	7:55	15	2:08:05	105	2:41:41
Finsterbergen	22.00	3:34:46	9:45	15	1:20:09	94	1:39:50	76.00	10:43:02	8:27	15	3:28:14	95	4:21:31
Waltershausen	19.00	3:00:57	9:31	13	1:07:59	89	1:20:58	95.00	13:43:59	8:40	15	4:36:13	94	5:39:43
Fröttstädt	5.00	37:09	7:25	11	14:59	89	16:01	100.00	14:21:08	8:36	14	4:51:12	93	5:55:44