



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Ralf Benecke

Number: 191

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 15:32:13

Speed: 6.44 km/h

Running performance: 9:19 min/km

Rank in course/Total: 161 (of 195)

Rank in course/Men: 125 (of 156)

Best time in course: 8:25:24

Rank in category: 22(of 30)

Best time in the category: 9:29:56

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	3:42:26	8:14	20	44:52	131	1:27:44	27.00	3:42:26	8:14	20	44:52	131	1:27:44
Floh-Seligenthal	27.00	3:55:04	8:42	21	48:03	127	1:43:11	54.00	7:37:30	8:28	22	2:37:19	131	3:10:55
Finsterbergen	22.00	3:48:49	10:24	20	1:34:12	117	1:53:53	76.00	11:26:19	9:01	21	4:11:31	119	5:04:48
Waltershausen	19.00	3:27:19	10:54	23	1:34:21	123	1:47:20	95.00	14:53:38	9:24	22	5:45:52	128	6:49:22
Fröttstädt	5.00	38:35	7:43	12	16:25	98	17:27	100.00	15:32:13	9:19	22	6:02:17	125	7:06:49